



WYVERN'S  
INDIAN COOKERY BOOK.

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# WYVERN'S INDIAN COOKERY BOOK

BEING A NEW AND REVISED EDITION

OF

## CULINARY JOTTINGS FOR MADRAS.

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*A Treatise on Reformed Cookery for Anglo-Indians, both in India  
& and the Colonies, based on Modern English and Continental  
Principles, with Menus for Little Dinners worked out  
in detail.*

BY

COLONEL KENNEY-HERBERT,

("WYVERN,")

*Author of "Sweet Dishes," "Common-sense Cookery," etc., etc.*

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SEVENTH EDITION

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## PUBLISHERS' NOTE.

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*Culinary Jottings for Madras* was originally printed in 1878 and re-issued at intervals until the Sixth Edition, 1891. The present volume is entirely reconstructed and re-written, and, while it retains the leading features of "*Culinary Jottings*," is essentially a new book.

October 1904.

H. & CO.



## PREFACE TO WYVERN'S INDIAN COOKERY BOOK.

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THE seventh edition of 'Culinary Jottings' is, practically speaking, a new book. The useless 'padding' of the old work has been removed, and the frame-work which remained after this pruning—reconstructed in a systematic manner—has been filled up with fresh materials, while the matter retained has been carefully sifted and corrected in the course of revision.

During the thirteen years which have elapsed since the last edition was published a marked change has taken place in the fashion of food and feeding. People of taste now ask for a short, but carefully thought out, *menu*; for studied simplicity in the treatment of the dishes of which it is composed; for soups and sauces free from loaded wines, and for *entrées* without the colourings, frippery and accessories which in the early nineties gained favour with many who knew no better.

Accordingly, to meet the demands of 'studied simplicity'—in other words, of really good cookery—special pains have been taken in dealing with preparative methods of every kind, with soups, sauces, garnishing, forcemeats, etc., etc., and it is hoped that by these means further developments will become easy to those who are interested in their

kitchens, and desire to direct their cooks in accordance with the latest views of 'aristology.'

Owing to the distance which has separated the author from his printer, errors have been unavoidable. For instance, through the mistaken kindness of the press reader the word "spoonsful" has been introduced in many places, but, after all, this and sundry other slips are of little importance, and do not affect the value of the book as a cook's guide.

A. KENNEY-HERBERT.

(WYVERN.)

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## PREFACE TO THE SIXTH EDITION.

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IN the revision of this, my sixth edition, I have taken the utmost pains to bring the *Culinary Jottings* "up to date." Forty-six pages of new matter have been introduced, much of the original text has been altered, and much removed to give place to newer and better advice, while each branch of the science of cookery has been reconsidered and discussed in the light of maturer experience.

I trust that the Public, whom I thank very cordially for the support they have given me during the past thirteen years, will find my last effort an improvement upon its predecessors, and continue to regard with favor

Their very faithful Servant,

WYVERN.

MADRAS, November 1891.

## PREFACE TO THE FIFTH EDITION.

THE Jottings have again undergone very careful revision. By pruning unnecessary matter, and simplifying the recipes wherever possible, space has been found for considerable additions without adding materially to the bulk or cost of the book.

It is hoped that the endeavours thus made to effect improvement may prove successful, and that the Public by whom the four earlier editions have been so kindly received will have reason to be satisfied with.

WYVERN.

OOTACAMUND, 1st July 1885

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## PREFACE TO THE FOURTH EDITION.

OWING to the unavoidable delay attending the transmission of proofs between Simla and Madras, the fourth edition of the *Culinary Jottings* has been nearly twelve months in my publishers' hands. For this I offer my sincere apologies.

I have endeavoured to correct and improve what I have already published, and have added one hundred pages of new matter.

Three articles on *curries* and *mulligatunny* which appeared in the *Pioneer* have, by the kind permission of the Proprietors of that journal, been introduced; the subject of vegetables has received still closer attention; and among a number of new recipes several will be found for the treatment of rice which I hope will be found useful.

Vegetarians (who perhaps might be more accurately described as non-consumers of animal food) will, I trust, discover some acceptable hints in this edition, while those who are anxious to adopt the new form of *menu*, will find their task explained and simplified.

WYVERN.

CALCUTTA, 15th Feby. 1883.

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## AUTHOR'S PREFACE TO THE FIRST EDITION.

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WHEN I first began to write about Cookery I flattered myself that I had undertaken a very easy, and pleasant task. I thought that my jottings would be composed *currente calamo*, and that I should be able to carry out my project with satisfaction and success. But at the hour of launching my frail shallop from the shore, I am compassed about with grave doubts concerning its seaworthiness. Alas! :—

“My conscience hath a thousand several tongues,  
And every tongue brings in a several tale,  
And every tale condemns me for”

a very Icarus.

Lo! the wings of my ambition have melted, and I have fallen into the sea of blighted hope. I am only conscious of failure. I undertook much, what have I performed? Whilst, however, I frankly acknowledge my many shortcomings, I derive some consolation in trying to believe that, there may nevertheless be a few things recorded in the pages of my book which will be found useful. If this hope be realized, and if the LADIES OF MADRAS—to whom, in all humility, I

dedicate the first fruits of my labours—discover here and there a word of assistance when perplexed about their daily orders, I shall be bountifully rewarded, and the winter of my discontent will indeed be made glorious summer.

I have to tender my best acknowledgments to the Proprietors of the *Madras Athenæum and Daily News* for the permission they have kindly given me to republish my culinary articles which appeared originally in that journal; I have to express my gratitude for the hints I have received from friendly *savants* in the science of cookery; and to own that I have obtained the most valuable aid from the writings of Jules Gouffe, and the “G. C.”

WYVERN.

MADRAS, 1st November 1878

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## INTRODUCTION.

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“The subject of Cookery is worthy of study, and one to which English people would do well to give their attention. If that man is a benefactor to his race who makes two blades of grass grow where only one did before, the art must be worth cultivating that enables a person to make one pound of meat go as far, by proper cooking, as two by neglect and inattention.”—*Dr. Lankester's “Good Food.”*

WHILE reform slow, yet sure, has of late years been creeping into our style of living in India, the want of a hand-book on culinary science—locally considered—of a more modern description than that time-honoured and, in its day, excellent work “*Indian Domestic Cookery*” must have been long felt by the busy housewife of Madras.

Our dinners of to-day would indeed astonish our Anglo-Indian forefathers. With a taste for light wines, and a far more moderate indulgence in stimulating drinks, has been germinated a desire for delicate and artistic cookery. Quality has superseded quantity, and the peppery curries and spicy oriental compositions of the olden time have been gradually banished from our dinner tables.

For although a well-considered curry, or *mulligatunny*,—capital things in their way,—are still very frequently given at breakfast or at luncheon, they no

longer occupy a position in the dinner *menu* of establishments conducted according to the new *régime*.

A little treatise on cookery, then, showing the reader how to accomplish successfully, with the average means at his disposal in this country, some of the many tasty dishes spoken of in the modern English and continental books upon the subject, will, I am sanguine enough to hope, be received with kindly toleration, if not with cordiality, by those who consider it worth while to be interested in matters culinary

I propose to carry out my scheme in a series of chapters commencing with cook-room experiences, the judicious management of the cook, and some general remarks on the equipment of the store-room and kitchen ; then to take the salient features of a dinner one by one, and when I have discussed soups, fish, *entrées*, etc., etc., to submit a number of *menus*, worked out in detail, adapted to our resources in this part of India

Finally : I address my jottings to the many who yearn to follow reform, but who cannot discover the method of doing so ; who,—to quote the words of a very hospitable friend,—“ like nice things better than nasty things,” yet have hitherto failed to penetrate the secret of success ; and who view with daily sorrow the lamentable parody of dinner which it seems good to their cooks to place before them. I shall treat of cosy, sociable little dinners of from two to ten people, rather than of elaborate banquets ; and the main object before me will always be to study economy in conjunction with the system I advocate

WYVERN.

MADRAS, 1st November 1878.



## CHAPTER I.

### *The Cook.*

**I**F you want to put nice little dinners upon your table, you must not only be prepared to take a certain amount of trouble, but you must make a *friend* of your cook. Unless amicable relations exist between him and his mistress or master, the work will never be carried out satisfactorily. There will be a thousand and one annoying failures, your mind will never know what repose means, and, in the end, —utterly wearied with the daily struggle against petty larceny, carelessness, ignorance, stupidity, and an apparently wayward desire to thwart your desires to the utmost,—you will resign the control to your butler, and submit to whatever kind of dinner he may be pleased to provide for you.

I do not allude to people who may possess a butler capable of composing, with very little aid, a fairly good *menu*, and able to direct the cook in regard to its preparation. There are, I know, a few men of that kind to be found but they are rare to meet, and even the cleverest of them requires a little diplomatic supervision, or he will drift into a groove of dinners, and tire you with repetitions. It need scarcely be said that the accounts of a competent *maitre d'hôtel* are often questionable, but perhaps, in consideration of the trouble saved, this is a point that need not be too closely scrutinised.

Those who are not gifted with patience, those who are not physically strong, those who have important calls upon their time away from home, and, of course, those who do not feel capable of directing their cooks, cannot do better than entrust the management of their kitchens to their head servants; but all who are equal to the task, should take the helm in their own hands, remembering the old saying,—“if you want a thing well done, do it yourself.”

Of all failings inimical to the successful direction of a native servant, a hasty temper is the most fatal. The moment you betray irritation and hastiness in your manner towards Ramasámy, he ceases to follow you. His attention becomes distracted by apprehension with reference to his personal safety, and not in the consideration of the *plat* you may be endeavouring to discuss with him.

There are two ways of imparting the details of *menu* to your cook:—one through your butler, the other by conversation with the man himself. For many reasons I advocate the latter plan. Some cooks do not care for the butler's interference, and in many establishments, the cook and butler do not pull. Butlers again, are prone to conceit, and often pretend to understand what you want done, rather than confess their ignorance.

So it is better to get the cook alone, and talk to him very quietly in his own way of speaking. To encourage him by a little praise, and if obliged to speak retrospectively of a failure, to strive to do so with a smile. You will soon get round Ramasámy when he finds that you are able to keep your temper with him: he then gains confidence in you and learns rapidly. There can be no doubt that in him there are materials out of which it is quite possible to form a good cook. The work comes to

him, as it were, of its own accord. Nevertheless it is necessary to watch for his besetting sins, and correct them whenever they occur

Two of the chief of these are —

(a) To *guess* at quantities and weights without measuring the one, or weighing the other.

(b) To proceed with the cooking of a meal without any reference *to the clock*, to finish things far too soon, and then to keep them warm till wanted.

We should remember too that the fact of a dish having been successfully presented to us once, by **no means** insures that it will appear so again unless the details of its composition are gone through again carefully.

In the use of green herbs all native cooks require watching, for they are very fond of mint, and what they call in Madras “country parsley” which is really chervil mint, ought not to be employed as a flavouring agent save with green peas, sometimes with new potatoes, in certain wine “cups,” and in *boná fide* mint sauce, and chervil is of course no equivalent of parsley though useful in moderation in certain sauces. Marjoram, rosemary, fennel, etc., grow well in India and come in usefully for stuffings, etc., *see* Country Vegetables, Chapter XIII.

Natives dearly love the spice box, and they all reverence “Worcester Sauce.” Now, I consider the latter too powerful an element by far for indiscriminate use in the kitchen, especially so in India where our cooks are inclined to over-flavour everything. If in the house at all, the proper place for this sauce is the cruet-stand where it can be seized in an emergency to drown mistakes, and assist us in swallowing food that we might otherwise decline.

When spice is necessary the amount should be men-



tioned exactly; the cook ought never to be allowed discretionary use of it.

Unless distinct directions are given to him, Ramasámy is accustomed to annex all trimmings of meat, giblets, etc., for his personal use. Take for instance the scrag end, and fragments of meat, skin, and bone, which remain, say, after a number of cutlets have been prepared for the gridiron from a neck of mutton. These remnants with the assistance of four ounces of onion, any vegetables that can be spared, a seasoning of salt, pepper, and powdered dried herbs, will produce an excellent broth out of which a good sauce can be made.

In many of my receipts advice will be found as to the treatment of the scraps, and each bad habit of the cook-room will be pointed out as it occurs to me





## CHAPTER II.

### *Kitchen Equipment.*

**A**LLOWING that our native cooks are, by nature, adapted to their calling, and that by judicious treatment we can develop the talent which they possess, one of the next things for consideration is our kitchen equipment, and the kind of utensils which will be found best suited for Ramasámy's use, bearing in mind the sort of dishes we shall hereafter call upon him to prepare.

In introducing novelties of European construction to the Indian cook-room, it is advisable to proceed with caution. Ramasámy is intensely conservative, and places very little confidence in utensils that he has never tried

Left entirely alone, with articles of his own selection around him, he is a singularly ingenious creature. All men who have been accustomed to life under canvas will, I think, agree with me in this. Given nothing more than a hole in the ground, and a couple of stones for his range, with a bundle of jungle sticks, a chatty or two, *perhaps a degchee*, and a fan, it is really surprising to see what a good meal he produces. This facility leads him to prefer methods of his own, and makes him disinclined to try new ones.

It is difficult to offer advice concerning the metal best adapted for kitchen utensils, for upon this point opinions differ. Copper—the most expensive—is, we all know, universally recommended on account of its durability. You see nothing else in the kitchens of restaurants, clubs, etc., and in all establishments where the demands upon the *chef* are frequent and elaborate. Some are *afraid* of copper, but this is groundless, for if treated with ordinary care, no evil should result from its use. Aluminium vessels are very light, clean, and attractive, but it has yet to be shown whether they are durable. For many reasons they ought to be very suitable to the Indian kitchen. Wrought and seamless steel vessels are excellent, being durable, safe, and easily cleaned. White enamelled ironware looks nice when new, but the slightest carelessness destroys the enamel, and when once cracked or discoloured it may be considered done for, it is, I think, best suited to sweet cookery, stewing fruit, etc. Plain wrought-iron vessels, tinned, are not showy but serviceable, and block tin for certain utensils is not to be despised. The American agate or grey enamel ware is likewise useful, and at the same time light. In ordinary kitchens I think a mixed collection should answer its purpose well enough as given in detail later on.

I cannot too strongly recommend the adoption in every kitchen of that invaluable utensil a *bain-marie* pan, or shallow trough, which, partly filled with hot water and kept over a moderate fire, affords a hot bath in which the various saucepans containing soup, stews, sauces, etc., can be set, and so kept hot without deterioration. A *bain-marie* complete, with a set of saucepans made to fit it, can be purchased at a moderate cost in planished tin, or you can procure the pan by itself to fit your saucepans, in

copper, steel, or block tin ; either of the two first materials will, of course, outlive the last. Nevertheless a tin *bain-marie* is quite good enough for the Indian kitchen.

Stews, curries, hashes, *salmis*, vegetables, rice, macaroni, in fact all cooked dishes can be heated up *en bain-marie* or be kept hot with perfect safety. Warming in the oven spoils these things, while if you place the vessel containing them even over a low fire the direct action of the fire if it does not cause the meat to catch at the bottom of the pan and burn, tends to dry up the sauce or gravy. Hence the value of the *bain-marie* in this branch of work also.

Although it may be allowed perhaps that the ordinary cook is fairly acquainted now-a-days with the common utensils of the kitchen, in the matter of frying-pans I do not think that he has always been taught to distinguish between a *friture*-pan, a *sauté*-pan, and an *omelette*-pan, or the vastly different processes which unfortunately come under the one and only denomination of "frying" in the English culinary vocabulary. Having no word to express the exact meaning of the French term *sauter*, as opposed to *frure*, English authors have been driven to explain the chief frying methods as "wet" and "dry" respectively. Now for all real *friture* work, *i.e.*, "wet frying," you require a frying-vessel—a frying *kettle* in short, rather than the ordinary frying-*pan* of commerce, steady over the fire on account of its own weight, with a perforated drainer. In the lists of most furnishing ironmongers this vessel is called a "fish fryer," but this is misleading, for it is needed for every species of work by this method—in conjunction with the wire frying-basket, in the case of fish, *croquettes*, *rissoles*, *cromesquis*, *beignets*, and fritters of any kind.

Another most necessary utensil—much needed by the cook in connection with this process—does not appear in the lists, *viz.*, a wire griddle rest in the style of a pastry-cook's wire drainer, on which things fried can be set to drain and dry for a moment or two before serving.

“Dry” frying is conducted in a *sautoir*, the French vessel differing from the English frying-pan in having an upright rim and being provided with a handled cover. The method of using it will be explained in due course.

The *omelette*-pan is shallow with a gently sloping rim ; its use is described in a chapter on *omelettes*

Many cooks are apt to use the English frying-pan rather than be bothered with the gridiron, notwithstanding that with charcoal there is no trouble in preparing a clear fire for the operation. This is a pity, for, apart from the greasiness too common with the frying process, of the two methods for fillets, cutlets, chops, and steaks, broiling is far the nicer.

For this branch cutlet tongs are essential, the object of grilling being to retain the juices of the meat. If the latter be pricked by a fork the gravy escapes.

With regard to the equipment necessary for an ordinary establishment, I can safely recommend.—

A Warren's cooking pot.	1 <i>Omelette</i> -pan.
4 Stew-pans in sizes.	1 Fluted gridiron.
6 Saucepans assorted	1 Tin fish kettle and drainer
1 Large saucepan with steamer.	1 Ordinary iron-kettle.
1 Stock pot or <i>marmite</i> .	2 Spits of sizes
1 Braising-pan.	1 <i>Bain-marie</i> , holding four or
1 <i>Friture</i> -pan (or frying-kettle).	five saucepans in sizes.
1 <i>Sauté</i> -pan.*	1 Double porridge saucepan

\* Properly *sautoir*, or *sauter*-pan if compounded with the English word ‘pan.’ I have maintained, however, the usually accepted term throughout this book to prevent misconception.

In addition to this,—the heavy portion of the equipment,—the cook should have:—

3 Tinned iron spoons in sizes.	1 Palette knife.
6 Wooden spoons do	1 Chopping board
1 Basting ladle.	1 Toasting fork
1 Perforated ladle.	1 Block tin colander.
1 Fish slice	2 Tin gravy strainers.
1 Set of skewers	1 Pointed gravy strainer.
1 Set of larding needles.	1 Wire sieve.
1 Meat saw.	2 Hair sieves in sizes.
1 Chopper.	1 Wire frying basket.
3 Plain charlotte moulds.	3 Jelly moulds of sizes.
1 Raised pie mould.	12 Small tin dariole moulds for <i>aspics mignons</i> .
2 Plain border moulds	12 Bouchée moulds
2 Ornamental border moulds	1 Paste jagger
1 Flour dredger.	1 Set of pastry cutters.
1 Sugar dredger	1 Dozen patty pans.
1 Pepper box	1 Dozen mince pie pans.
1 Bread grater	1 Baking sheet.
1 Set of vegetable cutters.	2 Baking tins.
1 Do. do. scoops	2 Bread or cake tins
1 Dishng-up fork	2 <i>Soufflé</i> tins in sizes
2 Common forks.	1 Set of freezing utensils.
5 Cook's knives in sizes.	1 Coffee mill.
1 Root knife.	
1 Mincing knife	

A mincing machine, a seasoning box with three divisions for pepper, salt, and flour, and a spice box with six small partitions for spices, etc.

An excellent, most useful and inexpensive machine has been introduced recently for *grating* such things as bread, cheese, nuts, dried meat, beans, etc. It is fixed and worked like a mincing machine, but with different internal mechanism. This can be got by any local firm from T. J. Bilson & Co., 88, Gray's Inn Road, London.

A wooden slab, (or marble if you can get one) with rolling pin is necessary for pastry, and also a pestle and mortar. A stone or iron one is best for India. Wedg-

wood mortars are often broken by concussion through careless use on a stone-paved floor. They are most useful in making savouries and if used on the table with a folded cloth under them will never crack.

I strongly recommend that every cook should have a set of six common earthenware or enamelled bowls, two of them with lips, for setting stock, gravies, etc., etc., and it will be found as well to give him a few cheap crockery sundries for exclusive use in his kitchen. If not, portions of your breakfast and dinner sets will find their way to the cook-room, and the breakages will become alarming. I think the following sufficient for a small kitchen : two jugs, two cups and saucers, a wine-glass for measurement, six plates, three soup plates, two large and four small flat dishes, two small basins, and three wire covers to protect meat, etc., from flies : these articles may obviously be of the commonest ware, or better still of grey enamelled iron.

A cupboard fitted with a lock and key should be given to the cook for the safe custody of the many small articles I have enumerated, and a set of shelves for his utensils. The cook-room table should be roomy and strong, and to ensure its cleanliness, it should be continually scalded down with boiling water and soda, and well rubbed over with sand-paper.

A side table for the reception of materials and stores issued in the morning, and for the laying out of silver dishes in readiness for filling and serving, is recommended, for the large table is often too crowded with things to admit of every process being conducted upon it, especially at dishing-up time.

Lastly, no kitchen should be without a clock. A cook of ordinary intelligence can, without difficulty, be taught

to mark the progress of the hands, and work by time, rather than by guess-work

It is hardly necessary, I hope, for me to point out the intense importance of cleanliness in the kitchen, and in all utensils connected with it. If you cannot go to the kitchen yourself, it is essential that you should hold weekly inspections of all your cooking utensils, which should be spread out on a mat in the verandah for that purpose. Give out *washing soda*, for you cannot keep things clean without it ; and be very particular about the cloths that are used by the cook. There is a horrible taste which sometimes clings to soups, sauces, etc., which a friend of mine specifies as "dirty cloth taste." This is eloquent of neglect, and dirty habits in the kitchen. Sieves will do for many things, but there are some compositions which must be strained through cloths, we cannot, therefore, be too attentive with reference to this part of our kitchen equipment.







### CHAPTER III.

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#### *The Store-room.*

ON visiting the collections of tinned provisions, sauces, etc., at some of the large establishments at the Presidency town, I often wondered how ladies were guided in selecting the things they required for their store-rooms. A majority, no doubt, do their shopping at their boudoir writing tables, filling up lists at the dictation of the butler at their elbow ; for few go to the fountain head for what they want.

Now, a butler's ideas about stores are, on the whole, very mixed : he worships " Europe articles " and delights in filling the shelves of the store-room with rows of tins ; of which some may perhaps be useful, but many need never be bought at all, and so remain for months untouched, lumbering the shelves of the cupboard.

I have long come to the conclusion that the fewer accessories that are used in the way of hermetically sealed provisions in the composition of a dinner the better. In Madras all the materials for soup-making are at hand, excellent fish, very fair poultry, good wild fowl and game when in season, meat which varies in quality yet is generally eatable, and nearly all the English vegetables from Bangalore and the Nilgiris in addition to the

standard produce of the country. If, therefore, attention be concentrated sufficiently upon what can be got from market, the demand on tinned food should be very small.

Take now, for instance, a tin of the ordinary preserved mushrooms,—those made apparently of white leather,—what is the use of them, what do they taste of? Yet people giving a dinner party frequently garnish one *entrée* at least with them. The stewed “black Leicestershire” are the best preserved mushrooms to be had, but there is a vast difference even between them and the fresh fungus.

The proper way of looking at the question is this: Tinned food is a very valuable commodity in certain circumstances, but when there happens to be at hand a fairly good market of fresh provisions, it should not be used—certainly not in the light of a delicacy. The time will probably come during a period of service in India when it will be necessary to fall back upon the excellent preparations of Messrs. J. Moir & Son, Messrs. Crosse & Blackwell, etc. Until that time comes it were well to leave them alone.

Unless people have tried to find out practically what can be done with the fish, flesh, fowl, and vegetables, of the country, by studious cookery, they will scarcely believe the extent of their power, and how independent they really are of preserved provisions.

There are many ladies who, when giving out stores for a dinner party, have no hesitation in issuing preserved provisions to the value of many rupees, but if asked for cream, extra butter, eggs, and gravy-meat,—the true essentials of cookery,—are apt to consider themselves imposed upon. The poverty of cookery in India results almost wholly from the habit of ignoring these things,

the very backbone, as it were, of the cook's art. If an English cook, surrounded with the best market produce in the world, be helpless without her stock, her butter, her cream, and her eggs, how much more necessary is it that Ramasámy should be supplied with those requisites, for his materials stand in far greater need of assistance.

In the matter of firewood and charcoal too, I am aware that there is often a difference of opinion between the cook and his mistress, and I am inclined to think that Ramasámy is generally in the wrong. Still, we should be careful lest we limit his supply of fuel too closely—especially on a dinner party day. Fuel is of course wasted sadly by the practice I have already alluded to, *viz.* :—Ramasámy's habit of cooking his dinner far too soon, and then spoiling the dishes by keeping them warm in the oven or hot closet.

Although I am not in favour of the use of tinned things to the exclusion of fresh materials, I by no means wish to interdict such standard groceries as :—pickles, sauces, jams, bacon, cheese, spaghetti, macaroni, vermicelli, vinegars, flavouring essences, tart fruits, biscuits, gelatine, arrowroot, oatmeal, tapioca, pearl barley, cornflour, olives, capers, dried herbs, and so on. Grated Parmesan cheese (sold in bottles by Crosse & Blackwell) should never be forgotten, the salad oil should be the best procurable, and no store-room should be without tarragon vinegar, anchovy vinegar, French red or white wine vinegar.

Amongst store sauces which cannot be dispensed with in India I consider Lazenby's Harvey the best for general use; the Army and Navy stores (own brand), is a good sauce; Moir's sauces, and "Reading sauce," are trustworthy, and there are others which, no doubt, commend themselves to different palates, but I consider "Worcester sauce" and "Tapp's sauce" far too powerful for optional

use in the hands of the native cook. Sutton's essence of anchovies is said to possess the charm of not clotting, or forming a stoppage in the neck of the bottle. Very useful of course are tobasco, walnut and mushroom ketchup, soy, and tomato conserve. Then as special trifles, we must not forget caviare, *olives farcies*, and anchovies in oil.

The only truffles available for the kitchen in India are imported in tins or bottles already cooked. They have not the flavour of the fresh truffle procurable in Europe during the winter, but they are a very fair substitute, and are used as such for the greater part of the year at the best restaurants in London and Paris.

The cook should be carefully guided in respect of the use of flavouring essences, and also that of dried herbs. He ought also to be taught never to run out of bread crumbs. Stale fine crumbs (*see* Chapter VIII) should be made every now and then, and kept corked down in bottles for use when required. The very unsightly appearance presented by fish, cutlets, etc., crumbed with fresh spongy crumbs should warn us, for stale bread is never to be had when we suddenly want it. Red currant jelly is very useful; the store-room should never be "out" of it.

I shall treat of tinned vegetables hereafter in their proper place. The French *macédoines*, *fonds d'artichaut*, *petits pois*, *flageolets*, *haricots verts*, and *asperges*, are, of course, excellent, and the dried *Julienne* will be found useful for flavouring soups.

Preserved fish is not required at Madras, and we can get on without tinned meats, soups, and potted luxuries, for we can make fresher things at home.

In sweet things, however, we are not so independent, and jams, jellies, tart-fruits, dried and candied peel, figs, prunes, currants, raisins, ginger, etc., etc., must all have room in the house-keeper's cupboard.

Of the valuable qualities to the Anglo-Indian of good tinned butter, I shall speak on a future occasion.

In a chapter on stores it is impossible to pass over, without a few words of commendation, the excellent preserved fish, vegetables, and fruits, which have, of late years, been imported from America and the Colonies. Besides being capital in quality these "canned" delicacies are decidedly cheap.

Messrs. Brand & Co.'s preparations for invalids, potted meats, soups, and strong essences of beef, chicken, etc., were at one time *spécialités* in their way superior to anything previously in the market of a like description. Messrs. Moir & Son however took the subject up some ten years ago with great success.





## CHAPTER IV.



### *The Menu.*

**A**LL who have studied the art of dining from the standpoint of modern good taste will, I think, agree with me when I say that the *menu* of a dinner anywhere, but in India especially, should be reduced to the smallest compass possible. An hour at the outside should suffice for the discussion of the daintiest of bills of fare, so to ensure this it should be composed with deliberation. That is to say, while paying attention to contrast the aim should be simplicity and completeness, for, of course, it is assumed that the guests will partake of each dish that is offered to them.

Soup, fish, a well chosen *entrée*, one joint or its equivalent, game or poultry, a dressed vegetable, one *entremets sucré* or an iced pudding, a savoury instead of cheese, and dessert, will be found, if thoughtfully composed, ample fare for even the most critical of guests. Upon the studied completeness of its many details the whole success of such a dinner will depend:—hot plates, good sauces, good wine, no lack of ice, the brightest plate, snowy linen, well toned light, brisk yet quiet service and tasteful adornment of the table; with all minutiae remembered—from the rolls in the neatly-folded napkins, to the artistic salad which in all modern *menus* is not expressed yet, like salt, understood to be present.

An extra *entrée* may, of course, be given, but if the one selected be really nice, the *relevé* correct, and the game about to follow be the best in season, the necessity of the addition is not apparent.

And, here, it may be as well to consider attentively certain points connected with the modern banquet upon which opinions differ, and concerning which a good many people find a difficulty in coming to a decision.

The moot point or points to which I refer are associated with the general plan or arrangement of the *menu*, and in order to explain them, it will be necessary to trace their cause carefully.

In former days it was the fashion to divide the bill of fare into a number of courses. But of late years, we have simplified matters, and the modern *menu*, adapted to a great extent, of course, from that of France, is placed before us in two "services," as exemplified in the following table:—

<i>Premier service</i> ..	{	<i>Potage</i>	.. Soup
		<i>Poisson</i>	.. Fish.
		<i>Entrées</i>	.. Side-dishes.
		<i>Relevés</i>	.. Joint, or remove.
<i>Second service</i> ..	{	<i>Rôts</i>	.. The roast (game or poultry).
		<i>Entremets</i>	.. Savoury and sweet dishes.
		<i>Fromage</i>	.. Cheese, or savoury.
		<i>Dessert</i>	.. Dessert

In addition to the above, the custom of presenting oysters before the soup is now quite established, and many people have adopted the practice of sending round *hors d'œuvres*, in the continental manner, as a prelude to the repast. A matter of this kind is obviously a matter of taste, touching which no writer on cookery should take upon himself to lay down an arbitrary law. When oysters cannot be got, a single, well selected *hors d'œuvre* may

be substituted, but if a relish of this description is given, plates containing it should be put upon the table in the places laid for the guest *before* dinner is announced. The time that must be taken up in handing the dishes round, is in this way economised.

Diversity of opinion exists concerning the next point, *viz.*, whether the *entrées* should precede the *relevé* or follow it. Brillat Savarin's injunction was—"let the order of serving be from the more substantial dishes to the lighter;" and Sir Henry Thompson says:—"As a rule, to which there are few exceptions, the procession of dishes after the fish is from the substantial to the more delicate, then to the contrasts between more piquant flavour and sweetness."

Now, if we are to discuss this point properly, another important factor in the debate must not be lost sight of, *viz.*, the *rôt*, or roast. To this item of the *menu* Brillat Savarin gave, and Sir Henry Thompson gives, let us remember, its full and distinct value; and it can hardly be denied that, if the *rôt* be served correctly, the *relevé* must be put further forward in the bill of fare

The *rôt*, correctly speaking, is a service of roast poultry or game accompanied by potato chips and a nice salad, and, if possible, garnished with water-cress. In Brillat Savarin's time the truffled turkey appeared as a *rôt*, and Sir Henry Thompson recommends the presentation at this period of the dinner of the truffled pheasant or larded capon the *dindonneau* (turkey poult), the fatted fowl, etc.

It is, therefore, pretty evident that if we serve our *rôts* according to this—the undoubtedly correct interpretation—it would be by no means advisable to serve immediately before them a fine joint of mutton or of beef with its concomitant vegetables. Between two courses so nearly



equal in substance, there would plainly be no contrast, and the effect would be both overpowering and commonplace.

We are now at liberty to consider the *relevé*. Strictly speaking, this word cannot be translated "joint." It should properly be interpreted the "remove," and in the French *menu*, the dish of which it is composed is regarded as the *pièce de résistance* of the dinner. To begin with, it ought to be of butcher's meat, not poultry, and, if possible, it should not be roasted. According to the authorities I have named, it should rather be meat delicately braised, a *fricandeau* for instance, or a whole fillet, larded and served with an excellent sauce, and specially chosen and trimmed vegetables. Thus, the *relevé* becomes very nearly as elaborate as an *entrée*, and is scarcely what an Englishman means when he speaks of the "joint."

It need scarcely be said, then, that if this system be followed in its entirety, the *rôt* and the *relevé* being correctly selected, the service of an artistic *entrée* between them is obviously correct.

In favour of the older English custom it has been argued, with considerable justice, that delicate works of culinary science—such as *entrées* are supposed to be—should be presented while the palate is yet fresh, and while the diner is thoroughly able to detect and appreciate the niceties of flavour, crispness, tenderness, and so forth; that a slice of plainly roasted or boiled meat, with a selected vegetable, should follow; then a morsel of game, and the *entremets*. Advocates of this method, it will be observed, do not pay any particular attention to the *rôt*. When game is out of season, they present a savoury *entremets* immediately after their *relevé*, and send round their salad with the saddle or sirloin. Thus, in the space marked in the printed

*menu* for “*rôt*,” we occasionally see “*aspic de foie gras*” with “*asperges en branches*,” and no *rôt* whatever.

So much then for the old English bill of fare, and the *menu* modelled on French lines according to the school of Brillat Savarin. But is it at all necessary to tie ourselves down to either *régime*, and to use the terms that we have been discussing at all? I say most certainly not.

In the cause of simplicity I would even go as far as to say that for our dinner-parties of to-day the stereotyped “procession of meats” should be abandoned, and that we should tie ourselves down to no fixed order of things, or prevailing fashion, but compose our *menus* exactly as we think best, guided by the season, and such artistic instinct as we may possess. Having abolished the use of *menu* cards encumbered with the old French headings, we should be at liberty to jot down a little list of dishes exactly as we wish to have them, and run no risk of committing the solicisms I have pointed out. For after all we really might just as well write down a *vol-au-vent* under the word *potage*, as enter a lobster salad under the word *rôt*.

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### Serving.

At the commencement of these remarks, I spoke of the economy of *time* in serving a dinner—a subject which, I am sure, every earnest follower of reform will allow, should command our closest attention.

Towards effecting this object the shortened *menu* plays, of course, an important part, but it is not equal to the whole responsibility, and must have assistance. For this we have not far to seek. A close attention to side issues in the course of a dinner-party will, soon show us that

our system of service is as cumbersome as the old-fashioned overcrowded bill of fare, and that if we desire to minimise the time spent at the table we must simplify the one as we have reduced the other. Unless they have watched it carefully, few would believe how much time is wasted in carrying round *entrées*, etc., to which people have to help themselves. To remedy this the abolition of handing round all dishes, portions of which can easily be helped at the side table and served direct, will be found most conducive. Moreover, not only should we ensure brisker waiting by this method, but we should put an end to a great extent to the extravagant ornamentation to which show-dishes for circulation are now so often subjected. Remember that the introduction of cutlet moulds, *aspic mignon* moulds, silver and china cases, etc., has facilitated this system of separate service to the utmost. Thus we are able to break up our *entrées* and *entremets* into "portions for one," as it were, without difficulty. Instead of a single mould of *crème de volaille*, for instance, we can turn out one little *crème* for each guest by dividing the *purée* into portions, and steaming them in little moulds.

At any rate you cannot make your dinner too simple in detail, and the fewer servants you employ to carry it out the better. How distressing it is to see a herd of attendants, mobbing each other like a scared flock of sheep, at a time when everything should be as orderly, and as quiet as possible. To ensure calm service, pare down the number of your dishes to the fewest possible, and for eight guests never allow more than four servants, besides your butler, to attend the table.

If these remarks be correct, as far as a small dinner of eight is concerned, how much more do they apply to large banquets? In the case of official entertainments, success

is too frequently marred by very indifferent service. The indirect cause of this is, as a rule, an overcrowded *menu*.

With a great many guests it is, of course, necessary to call in a number of waiters who have never worked together before, and an undisciplined crowd of native servants will most certainly ruin the best dinner that ever was cooked, unless you reduce the work they have to perform to the best of your ability.

At such dinners as these even I would never give more than too really good *entrées*, served separately, and of course without *any dishes of vegetables accompanying them*.

One well chosen vegetable with each joint or bird is enough in addition to potatoes. This should be indicated in the menu, viz:—*Selle de mouton aux haricots verts* ; *Dindon au choufleur* ; *Aloyau aux petits pois*, etc. Nothing can be more incongruous than the serving of a number of vegetables in slow procession with the joint.

Two dishes of sweets, one of them an ice or an iced pudding, are ample ; and a choice savoury instead of cheese will complete the dinner.

Thus carefully curtailed big dinners may be got over within the hour, to the manifest advantage of everyone.



cold water should be thrown into the pot to check ebullition and accelerate the rising of the scum. Repeat this process and skim patiently, removing grease and scum, till the surface is clear. The clearness of the soup will depend, remember, upon all the scum being taken off, and upon the water being kept from boiling point until it is all removed.

This having been done, and boiling having been permitted, put into the stock-pot the following vegetables, which should have been previously carefully cleaned and cut up, *viz*:—Five ounces of onions, five ounces of carrot, five ounces of turnip, one ounce of parsley and, one ounce of celery. One clove may be stuck in the onion, and a muslin bag containing a dessert spoonful of mixed dried herbs

It will be found that by adding the vegetables the boiling of the broth will be thrown back; as soon however as the bubbling recommences, reduce the heat under the stock-pot to simmering; draw the vessel to the edge of the fire, only partly cover it by tilting the lid, and let the process continue for three and a half hours. The soup should then be strained into a basin and left to get cool, so that any remaining fat may be effectually skimmed off.

The vegetables should on no account be thrown away. If not required in part to be put in the soup as a garnish, they can be used the next day at luncheon as *macédome* or *salade cuite*. As a matter of fact, they are more tasty than when boiled in water. They make a very good *purée* in conjunction with second boilings or common stock (see next chapter), the process being to pass the vegetables through a fine sieve, and work the pulp so obtained into the stock with *liaison au roux* to effect the blending thoroughly. A *purée* thus made is called *potage à la bourgeoise*.

Observe that for the production of a good bouillon, an open, roomy vessel is necessary; a *closed* pot like a digester must *not* be used. By allowing the liquid to steam freely, uncovered, you assist the clearing process, and the strength of the broth.

This is undoubtedly, the simplest method you can follow to produce a bright clear well flavoured soup. It is, of course, imperative that you proceed exactly as described. First, the meat and bones covered with cold water, and brought very slowly to the boil, being very carefully skimmed the while. Next, when the skimming is completed and the broth boiling, the vegetables and the little bouquet of sweet herbs. Now, a period of three and a half hours or so to simmer, followed by straining. The liquid you have after this is, quite clear and the colour of very pale sherry.



### Clarifying.

It may so happen that, owing to insufficient skimming in the early stage of the proceedings, you find that the broth is not as clear as you could wish. You must therefore clarify it. There are two ways of doing this. By far the more efficacious of the two is to be carried out in the following manner:—

Cut up eight ounces of lean raw beef and pass it through the mincing machine, put the pulp thus obtained into a bowl, add to it the white and yolk of one fresh egg, and moisten with a cup of the broth. Put the *cold* broth into a very clean stewpan, set this over a good fire, and stir into it the contents of the bowl. Use a whisk, and stir continually till indications of boiling show themselves, upon which draw the pan back and set it on the margin of the fire so that it may scarcely simmer for half an hour.

Then take it off, let the broth settle, and pour it off gently through a broth napkin into a bowl, taking great care not to disturb the sediment. Nothing is gained by putting in vegetables for clarifying: they may even spoil the process.

Perhaps, however, you may not have a piece of raw meat ready for this process; you can then attain your object with the whites of two eggs, thus:—Break the eggs, and throw the whites and the shells together into a basin—in this instance observe that the yolks are not used—beat the whites and shells up to a froth, with a coffee-cupful of the broth, and mix it, flake by flake, very completely, with the cold soup. Put the soup on the fire again, stirring continuously with whisk till it shows signs of boiling. Take it off immediately, let it simmer for a quarter of an hour, and then pour it off as described. But clarifying soups in this way has been given up because it reduces the flavour of the broth.

Additional clearness can in either case be obtained by allowing the broth to filter through the napkin a second time.

When once nice and clear, care should be taken lest anything happen to mar the satisfactory appearance of the *bouillon*. There is one that often occurs in *consommé* with macaroni, vermicelli, and pearl barley. The soup may be as bright and clear as sherry, but after adding the ingredients just mentioned it turns cloudy because some of the albumen it contains is dissolved by boiling. Accordingly, whenever you intend to add it to *consommé*, you should cook it independently first in boiling water.

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### Colouring.

An idea prevails amongst numbers of English people that a soup to be good and strong must be dark-coloured. Old-fashioned people speak of modern *consommé* as a weak, washy composition only fit for "foreigners." But if you take the very self-same liquid and brown it with a burnt onion, thicken it with flour and butter, and dose it with wine, they are perfectly satisfied. Did you ever make jugged beef-tea for an invalid, the strongest possible essence of raw lean beef? Was not the liquid so obtained nearly colourless, with a quantity of granulated particles of the beef floating in it? Well, when strained that would have been beef broth without the flavouring produced from vegetables and the bouquet of sweet herbs, and surely *strong* enough for anybody.

Now the practice of colouring clear soups has quite gone out of fashion. The liquid is served very bright and nearly colourless.

If however you must impart a pale golden brown tint to your clear soup—a darker tint should certainly not be attempted—*never use burnt onion upon any account*. Attain your object by a very little browning (*caramel*) made in this way. Put a quarter pound of white sugar into a copper or enamelled pan; set it over a low fire, and stir it till it is melted; then after it has reached the dark chocolate brown tint, add a pint of water to it, set it to simmer for twenty minutes, skim it, let it get cool, strain, and then bottle and cork it down for use. A few drops of this should be put into the soup prior to the three hours' simmering stage, if a golden brown be the tint desired. Care should be taken to prevent the *caramel* burning: if it turns black the preparation is spoiled.

But this troublesome process can be avoided by the purchase of a small bottle of Parisian essence. A very



little of this preparation should be used in the manner just mentioned. All grocers and stores now provide this useful ingredient. I do not recommend the use of *pastilles de légumes*—little balls of colouring matter sold in tins—for they impart a flavour of liquorice.

Colouring can, of course, be obtained by frying minced stock vegetables in butter till they turn a reddish brown, and a glaze is produced; if to this a small quantity of broth be added, and slightly reduced, a dark liquid will be got which after skimming will tint the broth nicely enough. Some old-fashioned soups of the English school are commenced in this manner, but, of course, there is a risk of spoiling everything by a moment's burning. The broken up carcase of a fowl (from which the meat has been removed for an *entrée*) browned in the oven is often used by French cooks both to colour and improve a broth. But when a thoroughly safe preparation, or a piece of ready-made glaze, will effect the object without any difficulty it would seem unnecessary to adopt other methods.

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### Wine in Soup.

The next important feature for consideration in soup-making is the adding of wine, which, I think, may be regarded as a purely British practice too often resorted to to smother defects. In all delicate clear soups such as *printanière*, *brunoise*, and the *consommés*, it is distinctly out of place and no longer tolerated by connoisseurs. With some clear soups, of the English school, however, the case is somewhat different, and madeira or, its equivalent in cookery—a sound marsala, may be added in small quantity perhaps to clear turtle, clear mock-turtle, oxtail, giblet, and game soups.

Add after clarifying, and be careful not to overdo the

amount of wine that you allow ; a tablespoonful is quite enough for a tureen filled for eight persons.

Thick soups, especially those made of game, mock-turtle, giblet, kidney, and the like used to be heavily dosed with wine : hare soup with port or burgundy, wild duck and teal soup also, while *potages* of grouse, partridges, pheasant, etc., were enriched with madeira. Modern good taste, however, has rebelled against the use of fortified wines in savoury cookery, and such aid as may be required in that way is now given with French white wine, or claret.

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### Bouilli.

I purposely omitted saying anything concerning the French treatment of the meat and vegetables of which a *pot-au-feu* is made, being anxious to keep strictly to the subject then in hand—the production of a good clear beef broth. Before I go on with soup-making, however, a few words about *bouilli* may be useful, for it is a dish that in small establishments, or for the quiet dinner alone would be exceedingly nice for a change—one which, in French households is sent to table as a matter of course. It should be treated in this way :—

Instead of beef cut into inch squares, choose a nice piece from the upper part of the shoulder, top side or buttock weighing say three and a half pounds, secure this in shape with string, and carry out the recipe for *pot-au-feu*, covering the piece of meat with water as far as the straining stage, taking care that the meat *is not been needlessly overcooked*, and that all the vegetables mentioned are used : now, place the meat on a dish, remove the string that bound it, and serve it upon a bed of macaroni or spaghetti previously boiled till tender, and a *purée*

obtained by rubbing all the soup vegetables through a hair sieve, moistened with a portion of the *bouillon* or broth; or put it up on a bed of stewed cabbage, with the other vegetables neatly arranged round it, and some of the clear broth.

Do not be misled by the notion that there is no "goodness" in *bouilli*. "There is," says the G. C., "as much nutriment in it, when eaten with the soup it has yielded, as there would have been, had it been roasted; and much more than if it had been salted, as it is the English custom to do with the silverside of beef." You can vary the *bouilli* by tomato sauce or any piquante sauce such as Robert. Of course a good deal depends upon stopping the simmering before the meat is overdone. The soup-meat served with macaroni, grated Parmesan, and *purée* of tomatoes, is the favourite "*nanzo guernito*" of the Italian dinner.

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### Things to be avoided.

But to return to the subject of soups. Although we may soon succeed in mastering the difficulties of *bouillon*, or foundation of soup-making, we must not forget that our work may be spoiled by the introduction of some traditional yet erroneous adjunct. An idea prevails with some people that clear soups require to be assisted with gelatine, or isinglass, to give them a sort of glutinous consistency. A pernicious sort of starch is recommended by some writers which is produced from a raw potato. This provides a species of thickening it is true, but it spoils the soup. The potato glue imparts a crude, inky flavour to the broth which kills all the flavour of the meat and vegetables. Once for all, let me observe that clear soups, of the class we are discussing, require no gelatine.

There is, however, often a slight gelatinous element perceptible in a certain class of clear soups which may be regarded as peculiar to themselves :—clear turtle, ox-tail, mock-turtle, giblet, etc., soups of a decidedly English character deriving their consistency from the gelatine contained in the turtle, calf's head, calf's feet, ox-tail, etc., used in their composition; while to clear soups *maigres*, made upon a vegetable or fish stock basis, a slight body is sometimes given by adding a little cornflour, in the proportion of a tablespoonful to a quart.

Finely granulated tapioca or sago (like Groult's) may be used with a clear soup, and will give it a slight consistency; two tablespoonfuls to one quart is about the right allowance.

Some cooks cannot refrain from the use of spice, Worcester sauce, ketchup and sugar, to improve the flavour of their clear soups. The single clove already prescribed is quite enough for the small *pot-au-feu* I have described. The spice-box is a dangerous plaything, and as the old-fashioned practice of freely adding aromatic seasonings to everything is no longer admitted, its use must be tempered with discretion. If the proper proportions of meat, bone, and vegetables are allowed, no flavouring from sauces is needed, and sugar will not be wanted, for there is enough sweetness extracted from the vegetables employed in its preparation. After the clarifying process has been carried out with raw meat Dubois recommends a pinch of sugar to remove any trace of acidity that the rawness may produce.

Basil, which can be procured in bottles, is the best herb for clear mock-turtle, and other clear soups made of shell-fish: while marjoram and thyme should be used for clear game soups.

Tarragon, also procurable, provides a pleasant flavour for a soup of this description :—*consommé à l'estragon* is of course a familiar one to which poached eggs are sometimes added as a garnish.

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### Rules.

I will now conclude these remarks concerning the simple *pot-au-feu* with a code of general rules on the subject :—

1. Take care that your stock-pot, a roomy vessel, is thoroughly clean before you commence operations ; a good scalding with hot water in which a lump of washing-soda has been dissolved, will make matters certain, and see that the fire is carefully made up if you have no oil stove. Sudden changes of temperature such as are caused by replenishing a fire are prejudicial in all simmering processes, while stoppages during its course are fatal.

2. Use soft water rather than hard.

3. The proportions of meat and bone given in the recipe taken from Gouffé's *petite marmite* will yield soup enough for eight persons. For ten or twelve the following will suffice :—two and a half pounds of raw lean beef, three-quarters of a pound of well broken bones, and fowl giblets, with two ounces added to the weight of each vegetable, and one ounce of celery.

4. Put the bones at the bottom of the stock pot, lay the meat cut into inch squares over them, cover with cold-water, and let this stand for half an hour.

5. A quart and a half of water to a pound and a half of meat and half a pound of bone is the established proportion for a broth of fair strength. In any circumstances there must be sufficient water to cover the meat and bone.

6. Remember that the steps from cold to cool, from cool to warm, and from warm to hot, must be conducted *very slowly*, and that actual boiling should be retarded as much as possible to start with.

7. Skim frequently during the early stage of your proceedings—a coffee-cupful of cold water thrown into the pot causes the scum and fat to come up quickly, and, of course, retards boiling. Repeat this process till all scum is removed, and as much of the fat as possible also.

8. Use a tinned iron skimmer for this.

9. Do not cover up your stock-pot closely, the steam should evaporate to assist the strength of the soup, and keep it clear.

10. Put in your vegetables, flavouring herbs, etc., *after* the skimming is finished and boiling has been allowed to take place. The addition will check the boiling for a minute or two.

11. To prevent delay in carrying this out wash your vegetables very carefully and cut them up beforehand, *i.e.*, before commencing the work, keeping them in a bowl of cold water ready. It will be found convenient to enclose them in a net to facilitate their removal.

12. When boiling has commenced again the vessel should be drawn back, with its lid tilted, not closely covering it, and the heat under it steadily maintained at simmering point. This should be on *one side* of the vessel rather than under the centre of it.

13. It will take altogether about four hours to extract by slow degrees the essence from a few pounds of beef, so begin as soon as you can, and don't hurry the work.

14. As soon as the vegetables which are put into the *pot-au-feu* are done, they should be removed if possible.

15. There is nothing to be gained by keeping the vessel on the fire simmering when once the meat is thoroughly cooked. The broth is at its best when the meat which yielded it is done to a nicety. "Boiling to rags" produces no good effect whatever

16. Never allow the stock to get cool *and stand*, with the meat and vegetables that made it, in a metal vessel. The liquid should be poured off at once into an earthenware or enamelled basin through the colander: when cold it can be skimmed free from any fat that may remain, and then poured off gently without disturbing the dregs.

*N.B.*—Remember that you will never succeed in obtaining a nicely flavoured clear soup, unless the proportions of meat and vegetables are carefully maintained. For three pounds of meat and one of bone, Gouffé gives the following weights of vegetables:—carrots, ten ounces; large onions, ten ounces; leeks, fourteen ounces; celery, one ounce; turnips, ten ounces; parsnip, two ounces.

The practice of making soup from a *shin of beef* is a mistake. The proportion of lean meat to bone is too small to produce a nourishing broth. The former must be as I have given, *three times* the weight of the latter.

As leeks are not often found in the Madras market, I would substitute another onion or two, about five ounces. Parsnips are only procurable on the Nilgiris, their weight may be made up with some extra carrot. Turnips, unless gathered fresh and young, are apt to be strong in India; I think, therefore, that five ounces of them will be found sufficient as a rule. Observe the weight allowed of celery;—this is important, for celery is a very powerfully flavoured vegetable.

The maintenance of a steady heat without sudden fluctuations of temperature is a matter of importance. This

desideratum can scarcely be attained in a common Indian kitchen with wood fires. If therefore you have not an English cooking range with a hot plate upon which the stock pot can be moved at pleasure, the possession of a mineral oil stove will place you at once in a position of confidence. The *regulating* power of these little ranges gives them a great advantage in respect of all slow processes.

Have the rules I have given, together with the *weights* of meat and vegetables, and the recipe for *pot-au-feu*, written out in Tamil by your butler and pasted upon card-board, to be hung in the cook-room for Ramasámy's edification whose self-taught method of soup-making may be briefly described as follows :—

He cuts up the soup-meat, and bone, and throws them into a digester pot ; he next adds the vegetables, pepper, salt and spice, covers the whole with water, puts the vessel screwed down on a good brisk fire, and *walks off to his rice*, leaving his *Tunnycatch* to watch the boiling. All she does is to see that there is plenty of firewood under the digester. As may readily be supposed boiling point is speedily reached in this way of managing matters. After an hour or so, during which galloping has continued, the cook returns and finds the water he put into the pot reduced to about one-third of its original quantity ; this is, of course, a very strong broth, he accordingly strains it off, and calls it his “first sort gravy.” He then returns the meat, &c., to the pot again, covers it with water, and lets that boil away. The liquid thus produced, I need scarcely say, is wretched stuff, the whole essence of the meat having been frittered away by the first process. Nevertheless Ramasámy strains it off and calls it the “second sort gravy.” He next amalgamates the two “sorts,” browns the mixture with burnt onion, and clarifies



it (as a rule but partially) with the white of an egg. Having got it as clear as he can, he rasps some raw potato into it to obtain a nice glutinous starch, boils it up and when the soup seems sufficiently gummy, he strains once more and sends it to table.

Setting aside other considerations, pray observe the *wastefulness* of this process. It is not exaggeration to say that half the quantity of soup-meat and bone required by the ignorant native cook might be saved if he could be prevailed upon to follow the laws of intelligent cookery.

At the Hill stations of India, and in places where the temperature does not rise above 70°, stock can be made and kept as it is in England; but it is a mistake to add *the vegetables* until the day on which the soup is to be served. First make a simple *bouillon* with water, meat, bone, and salt, as described for *pot-au-feu*, omitting all vegetables and flavourings. This must be poured into a china or enamelled basin, and kept in a cool larder, as milk is kept. The process should be proceeded with as if the making of the *pot-au-feu* had been divided into two parts—Bring the broth to the boil before adding vegetables. Stock while keeping should be boiled up daily, after which it may be replaced as before in the larder.

**Second boilings:** It should be noted that if the rules I have given be accurately carried out, and the cooking of the meat and bones be not overdone, they will yield a useful liquid by second boiling and simmering. Accordingly, immediately after straining, these materials should be put on the fire again with hot water enough to cover them and simmered a second time for two or three hours, any available scraps there may be—cutlet trimmings, chicken bones, &c. being added. Advice as to the use of the broth will be given in due course.

**Consommé.**

I have hitherto confined myself to the making of plain beef *bouillon* or broth. This, however, is not *consommé* according to the precepts of artistic cookery. Authors of the old school advanced the most extravagant ideas of this preparation. Commonsense has now stepped in, and the "double broth" (which purported to be a soup of which the component parts were liquefied with strong *bouillon* instead of water) has practically speaking been given up. What is now aimed at is a good sound broth of moderate strength, to which fragrance and a nice flavour have been imparted by a judicious assortment of vegetables, herbs, and seasoning. Then, as a gill for each guest is a correct allowance, it is clear that no very great expense is necessary under this head.

Briefly then, I would say do not trouble yourselves with perplexing dissertations about *grand bouillon*, and expensive recipes for game, chicken, or true *consommé*, but note these remarks by Urbain Dubois in "La Cuisine d'Aujourd'hui :"—

"Nothing resembles *consommé* so well as clarified *bouillon*, and if it does not quite come up to it in quality it may be said that it often supplies its place. Besides, it is evident that the expense demanded by true *consommé* often exceeds the resources at the cook's disposal. Very nice compositions are always expensive. In short, if clarified *bouillon* is not an exact imitation of *consommé* it is not less true that with care it can be produced in excellent quality without any heavy expenditure."

We should understand from this then that the *bouillon* we have already carefully worked out is a very good substitute for *consommé*, while if we slightly increase the proportion of beef and add the giblets of two fowls to the

ordinary stock meat, the soup will, practically speaking, be *consommé*, and good enough for anybody. It is of course unnecessary to say that the clarifying must be very carefully carried out, and that the soup must not be spoiled by wine, or colouring.

**FOWL CONSOMMÉ** :—Break up well with a chopper on a board the giblets and carcase of a fowl, from which the filets may be taken for an *entrée* and the legs and thighs saved for a grill. Put this into three pints of *bouillon* after it has been strained ; boil, simmer for three-quarters of an hour, strain, cool and clarify.

**GAME CONSOMMÉ** :—The necessary flavour can be easily obtained in this case by breaking up into pieces a brace of partridges, a jungle fowl, couple of snipe, or other game, and boiling them in the strained broth as in the recipe for fowl *consommé*.

**FISH AND VÉGÉTABLE CONSOMMÉS** :—For these, please see Chapters VI and IX respectively

The modern PETITE MARMITE of the restaurants is only an ingenious adaptation of the excellent old soup :—*croûtes-au-pot*, which in turn was merely our *pot-au-feu* served with some of its vegetables, a few leaves of cabbage separately cooked, and a *croûte* for each basin - a leguminous beef broth, that is to say, with a crispened round of a French roll as additional garnish. The new idea is to serve this soup to you, for effect, in a little earthenware *marmite* (stock-pot) with a napkin pinned round it, and in addition to the *croûtes* and the vegetable garnish to put into each soup-plate a fragment of chicken, supposed to have been boiled with the broth, and an atom of the *bouilli*. The helping is done for you by the *garçon* with much *empressement*, but when you come to take the soup, you find that you have only got a very good *croûtes-au-pot*.



## CHAPTER VI.

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### *Thick Soups and Purées.*

**N**OW about thick soups, apart from *purées* :—these are perhaps more popular with the majority of English people, than the thin clear. There is an expression of richness and of strength in them which commends itself to the national taste. And there can be no doubt that a thick soup is acceptable at times, especially in cold weather, when you return hungry after hard exercise, or when you have a little dinner of only a very few items to discuss. But soups of this class are scarcely suitable for the hot weather, or to be placed before guests at an artistic little dinner complete in its various details and necessitating a slight attention to some six or eight carefully composed dishes, for those whose labours all day have been *sedentary*, or for ladies who have lunched well, and passed their day without much exercise or exertion.

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### **Potages Liés.**

Thick soups (*potages liés*) may be divided into two classes—the white and the brown. The principles followed in both are very similar ; the main difference, of course, consists in the sort of meat used for the stock, and the employment of dark or light *roux*, or thickening, as the case may be.

### Common Stock.

Thick soups of an ordinary kind can be made with "second boilings," or with a broth obtained from the bones of cooked meat, trimmings, and scraps that would never do for *potage à la julienne* for instance, for you have not to think of the delicate flavour which is necessary for a *consommé*. Poultry and game bones, ham or bacon bones and trimmings are especially valuable. Fresh giblets of fowls, capons, turkey and game, ought to be thus made use of, cutlet trimmings, the browned outer skin of roast birds, and roast beef, also. Flavour this to the best of your capabilities by boiling with it sweet herbs, onions, parsley, a carrot or two, celery, &c., or such of these vegetables as may be available, with salt and pepper seasoning. A teaspoonful of Liebig's extract, Bovril or Brand's essence, may often render valuable assistance. A slice of glaze is another strengthener. This "omnium gatherum" should be allowed to boil up once, and simmer sufficiently long afterwards to extract the nutritive elements, flavour, &c., completely.

### Thickenings.

*Liaison au roux* is simply butter melted at the bottom of a saucepan over a very moderate fire, with flour added to it in the proportion of two ounces of butter to two and a half of flour, to the quart of soup. The butter *must be melted first*, the flour being dredged in by degrees, and stirred well at the bottom of the saucepan, until thoroughly incorporated, and velvety. Keep the fire low and let the mixture cook very slowly. As soon as it turns a biscuit brown, the *roux* is ready. This is what is wanted for brown soups. For white, the process is exactly the same, but the *roux* must not be allowed to take colour.

This system of cooking the butter and flour together for some little time is especially necessary to prevent the taste of raw flour being imparted to the soup. The old-fashioned method of dredging flour *into* the soup possessed that disadvantage, besides being objectionable on the score of extravagance; for there was much waste from the lumps which were strained off after the operation, and thrown away.

It is essential that both the butter and flour should be of *good* quality, the former fresh, the latter dry and well sifted. If either be inferior, the soup will be tainted and spoilt.

In making thick soups, care should be taken not to overdo the thickening. In the case of a white soup, this error is almost more fatal than in that of a brown. You might as well offer your guest a basin of arrowroot, or any nice gruel, for the savoury flavour of the soup is easily overpowered. A little practice will teach a cook how much *roux* is necessary to obtain the desired consistency of a thick soup, and he should bear in mind that the full effect of the thickening does not assert itself until the soup, which has been added to it, comes to the boil.

Observe that you add the soup to the *roux*, not the *roux* to the soup.

Soup can be thickened with the *roux* either hot or cold. If the latter, mix well by degrees over the fire and stir till boiling; if the former, add the liquid by degrees, *off* the fire to prevent lumping, and when well mixed set it on to boil stirring until that takes place. This care is necessary, for if hurried, not only will the soup be lumpy but the butter will not amalgamate properly, and unless watchfully skimmed off will make the surface greasy.

If, after coming to the boil, you find the soup too thin, you must proceed as follows:—Mix a little more *roux*

very carefully in a small saucepan, add a cupful of the soup to it, and when quite smooth and free from lumps, pour it by degrees into the soup, *off the fire*, through a pointed gravy strainer, stirring vigorously as you do so. When quite mixed, replace the vessel on the fire and let it boil up.

Soups can also be very well thickened with corn flour, fine rice-flour (*crème de riz*), *tous les mois*, or arrowroot, without the assistance of butter—a matter of consideration where delicate people's taste has to be consulted. The process is simple enough. The farinaceous substance must be diluted carefully, and thoroughly mixed till smooth in a cup or bowl separately with a few spoonfuls of the soup. When of the consistency of creamy batter it should be poured through a pointed strainer into the soup off the fire, stirred well, replaced over the fire, brought to the boil, and simmered for ten minutes afterwards. From two to two and a half ounces of the ingredients named will thicken a quart of soup.

It is always advisable to pass the soup, after it has been thickened, through a strainer to catch up any lumps that may possibly be left by the *roux*, or other ingredient that may be used.

A thickening of eggs is also employed for soups of this class, especially in French *potages liés*.

The excellent old soup called *potage à la bonne femme* may be cited as an example as follows:—Prepare a little more than a quart of common stock, and keep that by your side: now mince five ounces of onions and put it into a saucepan over a low fire, with two ounces of good fresh butter or clarified suet. Take care not to let the onion get brown, and when it is softened, throw in a quarter of a pound of *sorrel* leaves, two ounces of lettuce leaves and a sprig of parsley, all finely shredded, add pepper, salt,

half an ounce of flour, and keep stirring for five minutes. Then put in a teaspoonful of powdered loaf sugar, and a teacupful of the stock, freed from fat, and not coloured. Let the mixture reduce, over a moderately hot fire, nearly to a glaze, then gradually stir in the remainder of the stock, and let the soup simmer for a quarter of an hour. Next prepare a dozen pieces of bread say two inches long, a quarter of an inch thick, and an inch wide, and dry these thoroughly in the oven. When it is time to send up the soup, remove the superfluous fat from it, and set it to simmer for a quarter of an hour.

Now, prepare a *liaison* made as follows:—Put two eggs in a basin, beat them well as for an *omelette*, adding one ounce of butter. Take the soup off the fire, dip a coffee-cup into it, and mix that quantity of it with the egg and butter, adding another cupful when the butter is melted. Put the slices of bread into the tureen, pour the soup over them, next gradually add the *liaison* with one hand, as you stir the soup with the other, and serve in three minutes. This should be enough for six or seven basins. The eggs must be thoroughly well beaten, if not, pieces of the white will set in flakes in the very hot soup, and spoil its appearance.

Additional consistency can be obtained with egg *liaison* by stirring it into the soup over a low fire as in custard making, taking care, of course, to remove the vessel before boiling commences.

Another thickening medium for soups and *purées*, is composed of cream with butter and the yolks of eggs. Though recommended by many good authorities, I cannot say that I consider it advisable. Few can take cream in the profuse manner in which it is used in cookery nowadays with impunity. If to be tolerated in a few special sauces, it is certainly wholly out of place in soup,



which, as a prelude to dinner, ought not to be by any means rich and cloying.

Milk is a substitute for cream, especially if a yolk of an egg be added to it, but the cook must be careful in adding the yolk lest the soup be curdled. To do this, beat the yolk and milk together in a basin with a little butter; take a spoonful of the soup and work it well with the yolk and the milk, then, having your *liaison* ready, put the soup into the hot tureen, adding the *liaison* with one hand, stirring well with the other hand during the operation.

The process of adding eggs, cream, butter, or milk to soup should never be carried out *over the fire*, neither should it be attempted until the soup has ceased boiling for at least two minutes.

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### Purées.

In order to be able to accomplish the making of *purées*, satisfactorily you must possess a strong pestle and mortar, a large hair sieve, a wire sieve and a mincing machine. If you desire to make a *purée* of meat of any kind, an immense amount of labour is saved by first using the mincer, the work in the mortar is then reduced to a minimum, and the pounded meat will soon be ready to pass through the sieve.

In using the sieve, the cook must always put whatever he wishes to pass through it, at the *shallow end*, placing the sieve over a large bowl, or dish, big enough to receive it, and rubbing the *purée* through it with a large wooden spoon. From time to time he must invert the sieve, and scrape off the portion of the *purée* which always adheres to the reverse side of the hair, or wire. A cook must be

patient in the use of this utensil, and achieve his object by perseverance rather than by boisterous work. If you bear too heavily upon it the hair will soon bulge, and ere long part company from the wooden cylinder to which it is attached.

The work of both pounding in the mortar and passing through the sieve is rendered easier by the addition of a little stock during the process.

*Purées*, as soups, are prepared in this way :—Make as good a bowl of stock as you can from bones, meat scraps, &c., as already described for “common stock.” “Second boilings” of soup-meat and bones will do for many of them, while excellent *purées maigres* can be made on a milk or vegetable stock basis, a good recipe for which will be found at the end of this chapter. A decoction in which ham or bacon bones have been used, or some of the boilings of a piece of salt beef, if not too salt, will moisten *purées* of peas, lentils, &c., satisfactorily.

Suppose, now, that you want to make carrot *purée* (*potage à la Crécy*) :—Fry half a pound of finely minced carrots and four ounces of onions, also minced, with an ounce of butter for five minutes ; add a pint of the stock made as aforesaid ; boil up and then simmer till the vegetables are thoroughly done, then drain, and pass them through a hair sieve. Now, add to the pulp so obtained sufficient additional stock to make a *purée* a little *thinner* than you wish your soup eventually to be. Melt an ounce of butter at the bottom of a saucepan, and work an ounce of flour into it, gradually adding the *purée*, and stirring without ceasing till the soup comes to the boil, when it will be found of the proper consistency. Skim, if necessary, and serve with crisply fried croûtons of bread.

Instead of the butter and flour *liaison*, rice flour or finely pounded tapioca may be boiled with the soup to

give it cohesion : a dessert spoonful of either would suffice for the quantity now given. A couple of ounces of white bread crumb cooked with the carrots, &c., will produce the same effect.

To obtain a good colour the outside red part of the carrot should alone be used for the *purée*. When this is done, and *tapioca* blended with it, the soup is called *potage velours*.

*Crécy* soup should be served with bread cut into dice and fried in butter ; or crisped on a buttered tin in the oven after having been soaked in a little of the stock. *Crouçons*, treated in this way, should accompany all vegetable *purées*.

In all receipts for *purées* it will be found that a *liaison* of some sort must be used. Why ?—well, have you ever noticed carrot, or pea-soup, which, when sent to table, instead of looking the creamy red, or green *purée* that you desired, presented the appearance of a thin broth with a deposit of the vegetable pulp at the bottom of each basin—the stock and the pulp not having amalgamated ? This result was caused by the omission of one of the processes I have described, which is necessary to blend the two together.

In French recipes for vegetable *purées*, the thickening already spoken of made of pure butter, cream, or egg-yolks with milk, is often laid down as explained in the case of *potage à la bonne femme*, but these *liaisons* are as a rule too “rich” for many people, besides being too expensive for ordinary occasions.

*Purées* of celery, Jerusalem artichokes, cauliflower sprigs, vegetable marrow, onion, white haricots, salsify, parsnips and turnips, if the stock be kept free from colour, can be served as white soups, and the substitute already des-

cribed for cream will be found an improvement to all of them.

All green vegetable *purées* derive enrichment in appearance by the addition of "spinach-greening" which is in itself the liquid obtained from spinach boiled, drained, chopped and then squeezed through a piece of muslin.

Those who grow asparagus should take an opportunity of giving that excellent soup *purée d'asperges*, which however ranks next, I take it, to the still more artistic *consommé aux pointes d'asperges*. Both of these are possible with the French and American tinned asparagus, the desirable pale pistachio-green of the *purée* being produced with a little "spinach-greening."

A capital green *purée* can be made with French beans ; and with one pint tin of *petits pois* (assisted with spinach-greening if the peas have lost colour) and a quart of broth a very fair *purée* of green peas for about eight people can be produced.

An inviting-looking soup of bright red colour can be made from ripe tomatoes, whether fresh or preserved, following exactly the receipt for *Crécy*, and substituting tomatoes for carrots. Another red vegetable soup is that made with red haricots called *potage à la Condé*, which must not be confounded with *potage à la Conti*, i.e., a *purée* of lentils on a game stock basis.

A *purée* of cashunuts or almonds is very nice, whether in the form of soup or as a sauce to accompany white *entrées*, and especially the turkey. To this category belong such soups as :—*crème d'orge*, *crème de riz*, *lait d'amandes*, &c.

Using as a basis an ordinary domestic stock made of *cuisson*, scraps, second boilings, &c., a series of nice *purées* can be made from such reliable preparations as

Groult's *farine de petits pois*, *crème d'orge*, *farine de châtaignes*, &c., procurable at the best grocery stores at a very small cost; while with two tablespoonfuls of ground sweet almonds worked well with three pints of rabbit or fowl boilings and half an ounce of *roux*, a *potage lait d'amandes* can be produced of quite excellent quality. Following the same principle, soups can be made in an emergency with Lazenby's solidified soup squares, for though these handy tablets make good soup when merely diluted and boiled up with water, it stands to reason that they are improved by being cooked on a broth foundation.

Next, touching meat *purées*:—*Potage à la reine*, a very old white soup, is a *purée* of fowl or turkey, and on the same lines an excellent white *potage*, can be produced from a rabbit.

Brown *purées* are, of course, those made of game such as hares, partridges, sand grouse, snipe, &c. In this way you can always dispose of tough old birds. A good *purée de gibier*, of hare, or of any game-bird, is a soup which is generally popular. These were what old housekeepers called rich, for in their composition it was the fashion to employ port, or marsala (the equivalent if good of madeira), red currant jelly, butter, cream, yolks of eggs, &c. One of the greatest cooks propounded half a bottle of old port for his hare soup! and all game soups were given a share of wine. On this point please see page 32.

The points to observe in the making of these *purées* are, first, to get every atom of flavour you can out of the crushed bones, scraps, and giblets, which is done by simmering them watchfully in common stock. Then to work all the meat you can pick from the birds to a stiff paste in a mortar (having first minced it in the machine) passing it through the sieve to get rid of fibre, gristle, and so forth. Next to blend the pulp of the game with

the stock in the way I have previously described. And lastly, to follow with accuracy whatever recipe you have taken as regards the flavouring elements. Do not leave out anything if you can possibly manage it. Dried sweet herbs (thyme and marjoram), are as necessary in the stock of game soups, as is basil in turtle; and red currant jelly is indispensable. Spice is often mentioned in recipes for these soups. I do not recommend it. In fact, beyond the two cloves inserted in the onion used for the stock, I would carefully omit it.

*N.B.*—It is the fashion now to call game *purées* “*crèmes*”:—*crème de faisan*, *crème de perdreaux*, etc.

### Colouring.

Brown *purées*, and some thick brown soups such as ox-tail, mock-turtle, &c., may sometimes require a little browning to bring them to a good colour. For this purpose the advice given in the previous chapter should be followed.

### Vegetable Stock.

I will conclude these observations with a recipe for a vegetable stock which, by itself, is a pleasantly flavoured soup; mingled with *purées* it takes the place of beef or meat stock; while, blended with the latter, it forms a powerful, most strengthening soup, especially good for invalids who may be in a condition to partake of strong vegetable and meat essences.

Slice up one pound each of carrots, turnips and onions, two ounces of celery, a handful of parsley, a dessert-spoonful of thyme and marjoram blended, and a clove of garlic: put them into a stewpan with half a pound of

well-clarified beef suet, stir well over a quick fire and fry till nicely coloured, then add three quarts of warm water. Boil up slowly and skim, adding one ounce of salt, a quarter of an ounce of pepper, three cloves, a pinch of allspice, and in the season a quart-measure of French beans cut into strips. Bring to the boil again, and then simmer over a low fire for three hours, and strain the broth into a basin, take off the fat, and put by for use when wanted.

Another way, with dried haricots in part, is to:—Sift and wash a pint measure and a half of the beans in plenty of water, so that withered and discoloured beans, chaff, etc., can float and be skimmed off. When cleaned, put the beans into a bowl with four-and-a-half pints of water. Let them soak, covered with a plate, for twelve hours, then empty the contents of the bowl—without changing the water—into a stockpot or roomy stewpan; set this over a low fire and let boiling come on gradually, skimming off all scum, and retarding actual boiling with small additions of cold water; when the surface is clear and the water boiling, put in the following vegetables (which should have been cleaned and cut up as the gradual cooking was going on): six ounces each of onions, turnips, carrots, parsnips, and leeks, an ounce of parsley, half an ounce of salt, and one of celery with a muslin bag containing a bay leaf, a dessertspoonful of dried herbs, and one *uncut* clove of garlic. The addition of all this cold matter will throw back the boiling; allow that temperature to return, then draw the vessel back so that only *the edge of it* is over a low fire—a small gas jet turned low, for instance—and simmer for two hours, or until the beans are perfectly tender. Now empty the contents of the vessel upon a hair sieve, and drain off the broth, of which there should be, allowing for evaporation, about three pints, rather more than less. The broth thus

produced is the *bouillon*, which I recommend for adoption as the *pot-au-feu* of the vegetarian kitchen.

The vegetables and the beans can—after the straining off of the broth—be turned to account as follows : Spread them all out upon a large joint dish, pick out the muslin bag, and with a two-pronged fork separate the beans from the other vegetables, keeping them apart in a bowl. With each of them other dishes can be made. With the vegetables you can produce an excellent *purée*, and with the cooked beans numerous methods—to be spoken of on another occasion—can be adopted.

NOTE.—It may occur of course that in certain situations, and at certain times, all the vegetables that have been mentioned are not available. In such circumstances discretion must be exercised. The onions, which are most necessary, are generally procurable, and in the absence of other assistance the allowance of them can be increased.

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### An Invalid's Soup.

Take a fowl or rabbit; if aged no matter; cut it to pieces, bones and all, while fresh with a chopper, pound the mass in a mortar. Pass through the mincing machine one pound of the best fresh lean gravy beef, season with pepper and salt, mix the two meats together, and give them a few turns in a roomy stewpan over a rather fast fire with enough melted clarified suet and broth to draw the glaze. Now add little by little three pints of the vegetable stock, stirring well during the operation. Bring to the boil, adding water now and then to make good loss by evaporation, and simmer for two hours. The liquid can now be strained off, and set to get cold, when all fat can be removed. This will be found excellent for the purposes I have named. It can be given to an invalid in small quantities, iced, or hot, as may be desired.





## CHAPTER VII.

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### *Sauces.*

THE consideration of sauces may certainly be regarded as the most interesting part of the study of cookery.

So much, indeed, is to be gained by this branch of the art, that I might almost call it the most important. Whether for fish, for flesh, or fowl, the assistance thus contributed is invaluable. Two or three nice sauces, well contrasted and distinctly flavoured, stamp a little dinner at once as the handiwork of a good cook.

If you once master the broad principles of sauce-making, you need never be at a loss for variety in your cooking; you will be able to improve many an ordinary dish of fish, flesh, fowl, or vegetable, whilst with cold things you will rarely fail to turn out little *réchauffés* which will be at once tasty and economical.

Now, I do not consider it a very difficult thing to teach a native cook the fundamental rules of this part of his work, for they are simple. The labour is so slight that, if sufficiently devoted to your task, you can select a recipe and absolutely show the man step by step how to carry it out. For a demonstration of this kind, you must, of course, order all the ingredients you may require to be prepared beforehand, and have a mineral oil stove, or,

brazier of live charcoal brought into a sheltered verandah or spare room. The little trouble this may cost you will, in nine cases out of ten, be amply repaid, for it need not be said that practical proof is far more effective than verbal or even written directions.

For sauce-making on a small scale you must possess a quart stewpan, two or three small saucepans in sizes, a *bain-marie* pan to set them in, a small pair of scales, three wooden spoons in the smaller sizes, a plated spoon of each size, a flour dredger, a set of three earthenware bowls, a block-tin perforated strainer, and a pointed strainer, each with a handle, a wire sieve, a hair sieve, and a mortar.

In the absence of a *bain-marie* a sauce can be kept hot or be warmed up in a double milk saucepan, or by being put into a larger vessel part filled with boiling water to about one-third of the depth of the saucepan containing the sauce.

Some writers recommend the cook to "wring" a sauce "through a tamis cloth," but this is unnecessary if he be provided with the hair sieve and finely perforated strainers I have mentioned. Of course cloths must be used in straining soups and jellies, but they are rarely needed for anything else.

The materials you will call into play from time to time will be:—butter, flour, eggs, "spiced pepper," salt, sweet herbs, fresh or dried according to the season, onions, parsley, a few cloves of garlic, shallots, the contents of your cruet-stand, say—Harvey; tomato and mushroom ketchups; a good "browning" preparation, say—Parisian essence; anchovy, chilli, tarragon, and the best French vinegars; besides mustard, with pickled gherkins, capers, and red currant jelly

Carefully made meat or chicken broth, or 'stock will occasionally be wanted, for which special provision must be made, but for all the ordinary sauces you can generally manage to make very serviceable broth from fowl giblets, and scraps, and trimmings of meat. In doing this you have the satisfaction of knowing that there is nothing wasted. Most valuable assistance can be given to these scrap broths with good glaze, essences like Liebig, Brand's, &c., and Bovril is useful for this purpose.

As spoonfuls of red or white wine will be necessary now and then, I take the opportunity of repeating that with a few exceptions for use in savoury cookery fortified wines are no longer considered suitable. The term white wine—"vin blanc," in French cookery—refers, of course, to the wines of France—chablis, sauterne, or graves—though hock supplies a fair substitute. While for "red-wine" claret or Burgundy should be used.

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### Thickening.

The various materials used for *liaisons*, and the method of working them, have already been discussed in the last chapter. For sauces, the brown and white *roux* therein described are for the most part adopted. As a general rule an ounce of butter and an ounce of flour to a pint of broth may be accepted as a standard, slight variation more or less being allowed according to taste. Sometimes one flour may be more starchy than another, in which case a little more liquid must be added. Sauces ought not to be very thick.

**Beurre manié:**—This preparation is used to thicken a sauce slightly just at the moment of service—put an ounce of butter on a plate and work with it by degrees, using a wooden spoon, as much flour as it will take up

without forming a stiff dough so that it will dissolve smoothly in the sauce, which should be very hot but not boiling. This sort of thickening is communicated to a sauce in the room at superior restaurants, especially in the case of fish—*sole au vin blanc* for instance. The liquid thickened is that in which the fish was cooked—the *cuisson*.

### Butter in Sauces.

It must be clearly understood that good fresh butter is an indispensable element in sauce-making. It is a waste of time and materials to attempt this branch of the art with inferior ingredients. Large quantities are never required so it is false economy to withhold an ounce or couple of ounces of good butter, and so spoil the whole of an otherwise good sauce. The thing is not to make more than is actually necessary. *half* a pint may be fixed as enough for six people. It is a common practice to make far more than this, and thus extra expense is incurred that might well be avoided. When preserved butter is used a pinch of powdered sugar is a good thing to correct the flavour.

### Cream in Sauces.

I am not an advocate of the indiscriminate use of cream in white sauces, which I contend is one of the mistakes of modern cookery. There are one or two compositions into which it *must* enter. These should be kept distinct. The safest enrichment that can be employed is the yolk of a raw egg beaten up in a tablespoonful of the sauce (separately), and stirred in, off the fire, before serving. Those, however, who like to use cream can obviously do so.

### Simple Sauces.

Failure in the composition of the standard English sauce, "melted butter" (SAUCE BLANCHE), is so common, that it may be as well to begin with a few hints with regard to it. The pith of this sauce consists in melting the lump of butter *first* at the bottom of the saucepan over a very moderate fire, next to add by degrees the flour, which soon forms a smooth paste or *roux* and to stir well for some minutes, but without allowing it to take colour. Next to add by degrees the warm water, or milk and water, with a pinch of salt. Increase the heat now, and work the mixture well with a wooden spoon till it is soft and creamy to look upon, let it come to the boil, then pass it through a sieve or strainer into a hot sauce-boat, and, as you serve it, *add a pat of fresh butter* the size of a walnut, which will, of course, melt of its own accord, and give that fresh buttery flavour which is to be desired.

For a *pint* of good white sauce you will require two ounces of butter, one ounce of flour, a saltspoonful of salt, and a pint of warm water, or milk and water. Use one ounce of butter, and the flour first, and save the extra ounce of butter to finish with. Half of everything will give enough sauce for six people—*i.e.*, half a pint.

As flours vary in their thickening power, it is possible the sauce may sometimes seem a little too thick. In this case a slight addition of milk or water will set matters straight, but this should be done before the final addition of the pure butter.

If too thin, a sauce may be reduced by fast boiling before the addition of the final pat of butter, or a thickening *à l'Allemande* may be stirred into it:—Take as much flour as you think likely to effect the object; put this into a teacup, and moisten it with water or milk, stirring

and mixing it thoroughly till it assumes the consistency of batter. When quite smooth and creamy pass this through a pointed strainer into the warm sauce off the fire, then replace the vessel, bring to the boil, and the additional thickness will be obtained. *Crème de riz* may be used instead of flour.

A *pinch* of sugar with the salt assists all white sauces.

Observe that *milk* is not absolutely necessary in making "white sauce." The chief objection to its use is, that in warm weather it causes the sauce with which it may be used to turn sour the next day. I consequently advocate the use of common *broth*, made from chicken bones or mutton scraps instead of milk. Broth enriches the sauce, and if fairly strong, makes it equal to *sauce blonde*. The water in which peas, carrots, parsnips, onions, celery, and leeks have been boiled—the *eau de la cuisson* of the French kitchen—may be used advantageously for this purpose.

If required for fish, the liquid in which the fish was cooked, if not too salt, reduced by rapid boiling, or a broth made from the bones, fins, and trimmings separately simmered should be used. This, it will be seen, is strongly advocated in Chapter VI. Indeed, so valuable do I consider the fresh fish stock basis that I would, for any special occasion, purchase an extra bit of fish for its concoction.

The common error made in making white sauce,—*i.e.*, stirring the flour *into* the sauce—should be noted. The caution given in regard to it with reference to soups at page 45 is equally apposite here. A too sparing use of butter is another cardinal mistake.

With *half* a pint of good *sauce blanche* you can work out several tasty recipes as follows:—

Beat up the yolk of an egg with the juice of a lime,

strain, and add to your melted butter just before serving ; *off the fire, mind*, or the sauce will curdle :—a **domestic hollandaise**.

Beat up the yolk of an egg with a teaspoonful of finely chopped tarragon, and a tablespoonful of butter warmed till it has melted, and add in the same way :—**sauce à l'estragon**.

Throw in just before serving a tablespoonful of very finely minced parsley, fennel, or a dessertspoonful of chopped capers, and you will have :—**sauce au persil**, **sauce au fenouil**, or **sauce aux câpres**.

Stir into it after it is made a dessertspoonful (or more if liked) of anchovy, Harvey, ketchup, or any sauce you fancy. One tablespoonful of anchovy vinegar added to half a pint of white sauce made on a fish broth basis make an excellent everyday sauce for fish. A dessertspoonful of chopped capers may be added.

For an ordinary **sauce verte aux herbes**, flavour a pint of fish or gibley broth by boiling up in it—blanched first for five minutes in scalding water—two ounces of onion, a couple of cloves, and a tablespoonful of parsley : when well flavoured, strain the broth through muslin and stir it by degrees into a saucepan in which an ounce of butter and one of flour have been well mixed ; thicken gently by bringing the mixture to the boil, strain, and finish, just before serving, with the following preparation : scald in boiling water for eight minutes a handful of curled parsley, a dessertspoonful of chopped garden cress, and one of chervil (country parsley), then drain, pound in a mortar with a quarter ounce of butter and stir into the sauce.

A squeeze of a lime may be added to this sauce. With half of everything enough sauce can be made for six people.

Fillets of whiting pomfret or any plain fish that you can fillet nicely, poached gently in broth thus flavoured, and served with the *same* thickened, sharpened with vinegar, and enriched with the yolk of a raw egg, poured over them, are excellent.

Small discs of sliced gherkins added to ordinary "melted butter" form **sauce aux cornichons**; a teaspoonful of tarragon vinegar should accompany the discs.

**Giblet Broth**:—When preparing two or three fowls for a dinner party an excellent broth can be got out of the giblets which will be most useful for sauce making. After preparing the birds take the heads, necks, feet, gizzards, hearts and pinions which are of no use whatever if left on. Chop all these into small pieces and fry them, with four ounces each of onion, turnip and carrot sliced, in an ounce and a half of butter or clarified suet at the bottom of a stewpan: shake the pan, and when beginning to colour add a breakfast-cupful of water or broth and a glass of marsala; let this reduce almost to a brown glaze, then add two pints of warm water or common stock, bring to the boil once, then partly cover, reduce the heat, and simmer gently for an hour to extract the whole of the essence from the scraps: when this has been done, pour all through a hair sieve, and cool it for the fat to rise. This having been removed you will have a good basis for your brown sauce for the turkey or whatever bird it may be. A little raw beef or mutton or lean bacon may of course be put in, while a calf's foot, or a couple of sheep's feet would improve the broth by adding to its gelatinous consistency. By omitting the wine and the browning a good foundation for a white sauce is obtained.

By adding warm broth of this kind to the butter and flour, instead of water or milk and water as in *sauce*



*blanche*, you produce **sauce blonde** which forms the basis of several useful sauces. This if made with a chicken bones and giblets broth might be called domestic *velouté*.

**Maître d'hôtel sauce**: Add to half a pint of *sauce blonde* a good tablespoonful of finely minced curled parsley, a saltspoonful of salt and white pepper, and finish off the fire with the well-beaten yolk of an egg, and the juice of one good lime.

Mincing parsley requires attention. If it be done when the leaves are *wet*, the pieces will all stick together, and much of the juice will be lost. Parsley must first be blanched in scalding water, and then carefully *dried in a cloth*, after which it can be chopped as finely as may be required.

Here it may be as well to explain the making of **maître d'hôtel butter**: To two ounces of firm fresh butter add the juice of a lime, a dessertspoonful of finely minced parsley, a pinch of white pepper, and one of salt. Form it with a butter bat and set it in the ice box. A nice juicy well grilled chop or cutlet, or fillet of beef is often served with a piece of *maître d'hôtel* butter melting over it, and *maître d'hôtel* sauce is quickly made with it —*i.e.*, make half a pint of *sauce blonde*, and finish with an ounce of the butter, and the yolk of an egg.

**Sauce à la poulette** (or **domestic allemande** sauce)—one of the most useful of ordinary white sauces, especially for vegetables. It is thickened with the raw yolks of eggs, and, properly speaking garnished with button mushrooms. It is a creamy-looking sauce the colour of a rich custard. Make an ordinary thin *sauce blonde* with one pint of chicken giblets or vegetable broth, one ounce of butter, one ounce of flour, and pepper and salt seasoning: stir well for a quarter of an hour, and it will be a thin white sauce:

then add as in custard making one by one over a low fire the strained and well beaten yolks of two eggs, finishing off with a pat of butter. A couple of tablespoonsful of chopped button mushrooms, which should have been separately stewed in the broth comprise the correct garnish; the sharpening should be given with lime juice. Omit the mushrooms for ordinary *poulette* with vegetables.

The pulp of six ounces of onions that have been simmered in milk till tender, passed through the sieve, and worked into half a pint of *sauce blonde*, with a delicate seasoning of salt and spiced pepper produces **Onion Sauce**.

For **Sauce Soubise** the process is slightly different:—Blanch in scalding water three two-ounce onions for five minutes, then cut them up into a small mince; melt an ounce of butter in a saucepan, put in the mince, stir over a low fire till the onions soften but do not take colour, then take off the saucepan and dilute by degrees with half a pint of *sauce blonde*; boil, skim, reduce a little over the fire again, and then pass the whole through the sieve, putting the *purée* into the saucepan again to be re-heated in the *bain-marie*.

**Brown Onion purée sauce à la Bretonne**: Proceed as for *sauce Soubise* but let the onions brown well, then moisten with the giblet broth given page 63, thicken, and pass through a hair sieve.

**Sauce Soubise tomateé** is got by adding one gill of tomato purée to two gills of Soubise made as just described.

**Sauce Milanaise** by stirring two good tablespoonsful of grated mild cheese into three gills of *sauce Soubise*.

**Sauce Milanaise tomateé** by adding a gill of tomato purée to two gills of Milanaise.

**Sauce Novarre :** For this mix *sauce blonde* and tomato purée in equal portions very smoothly and finish with a pat of butter.

NOTE :—**Sauce blonde** for fish should be made with fish broth extracted from bones and trimmings ; it can then be finished with any fancy butter, or with eggs à *la poulette*, and sharpened with lime juice or reduced vinegar.

**Reduced Vinegar**, chablis, sauterne, hock, etc. : Excellent flavour is obtained for sauces together with sharpness by reducing the vinegar or wine instead of mixing it in them plainly, *viz.* :—Put half a pint of vinegar or white wine into a small saucepan with an ounce of finely minced shallot, a saltspoonful of salt, and one of spiced pepper, put on the fire, and boil fast until two-thirds of the liquid has evaporated, strain what remains and use according to the directions that may be given.

**Oyster sauce :** For a pint of sauce two dozen Madras oysters should be provided ; half that number of the larger Bombay variety. Open them and put them with their liquid into a stewpan, add a few spoonsful of fish broth to just cover them, set the pan on the fire and watch it carefully. At the *first signs* of boiling draw away the pan, let the oysters remain in it for two minutes, and then drain them carefully, saving the broth in which they were done. Trim the oysters, strain the broth through muslin to catch any bits of shell there may be in it, and then blend it with half a pint of good *sauce blanche* ; set this over the fire and stir well until the sauce coats the spoon, season with salt and a pinch of mace, add the oysters, and serve. A couple of table-spoonsful of chablis may be put into the pan with the oysters in the first instance if liked, and a tablespoonful of cream to finish with is another possible improvement.

**Bread sauce:** The backbone of bread sauce is the *flavouring of the milk* with which it is made, to begin with. Take a three-ounce onion, peel off the outside skin, blanch it for five minutes in scalding water, then cut it into quarters, and put them, with a dozen peppercorns, six cloves, or a blade of mace, or a saltspoonful of grated nutmeg, and two of salt, into a saucepan containing half a pint of good milk. Put this over a moderate fire and watch it carefully, for milk boils up so rapidly that you may be taken by surprise. Remove the pan as soon as the surface of the milk looks frothy: let it cool a little, and replace it, continuing the operation until the flavour is extracted, adding a little milk from time to time to make good the loss by evaporation. Now, strain it off through a piece of muslin into a clean saucepan, and proceed to get ready some stale, finely sifted white crumbs that have been dried in the oven and pounded. As the time of service approaches bring the milk to the boil, skim, and stir into it, off the fire, by degrees; sufficient crumbs to bring the mixture to the consistency of an ordinary *purée*, but not any thicker. Finally, finish it off with a good tablespoonful of *cream* just before serving. In the absence of cream the yolk of one egg, beaten up in a little warm milk till it looks creamy, may be added, *off the fire*, just at the last, but this is a case in which cream should be used if possible.

It is necessary to reserve the addition of the crumbs till the period I have indicated, and to stir them in *off the fire*, in order to preserve a certain amount of granulation. You do not want a *pulp* of bread and milk, but a sauce in which the presence of the crumbs can be recognised. If the sauce be mixed early and set in the *bain-marie* the crumbs become sodden and absorb so much of the milk that the consistence is spoilt. Much the same effect is

produced by heating the sauce up over the fire with the crumbs in it.

If granulation is not particularly desired a smooth creamy purée can be produced in this way. Blanch in scalding water and boil till tender a two-ounce onion. Let it get cold. Put half a pint of milk on the fire and gradually thicken it with bread crumbs, add the cooked onion, and pass all through a hair sieve. Heat up in the *bain-marie* and finish just before serving with the cream. The seasoning should be regulated at discretion as some do not like spice. If liked it should be stirred in while the purée is being made; powdered allspice, cinnamon, mace, or nutmeg are all suitable.

Finding a cook in difficulties one day with fresh spongy crumbs with which it seemed impossible to get a presentable sauce, I emptied the contents of the saucepan into a bowl, and whisked it until it was as smooth as cream, added a boiled onion, and passed all through a hair sieve, finishing with cream as usual. This produced a very good sauce.

It is a mistake to attempt this sauce unless you have all the ingredients at your command. *There can be no evasion of the milk.* Water at once produces a bread poultice.

Half a pint of good milk with as much crumb as it will take up without being too stodgy is enough for a sauce required for six people.

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### Nut sauces.

Excellent sauces for all birds can be made with various nuts in this manner. **Cashu-nut Sauce:**—Make a colourless broth of the giblets, as just explained, by omitting

the colouring stage : strain it, remove the fat, and place it in a bowl. For a pint or so of sauce take a breakfast-cupful of cashu-nuts, scald them to remove dirt and any shell that may adhere to them ; dry them in a cloth, turn them out upon a board, and mince them. Melt an ounce and a half of butter in a saucepan, put in the mince and fry over a moderate fire till the contents of the pan turn a pale brown, then empty them into a mortar, season with salt, pepper, and a pinch of sugar, and pound them : when pounded to a paste, put a quarter of an ounce of flour into a clean stewpan with a quarter of an ounce of butter, mix a white *roux*, and then add giblet broth and nut-paste by degrees till the *purée* reaches a nice consistency, and the paste has been expended. This should be finished, off the fire, before serving, with a tablespoonful of cream.

A nice sauce of a pale brown colour can be made by cutting any nut into tiny dice and *frying* them in butter till browned. The dice are then pounded, and the sauce is finished as in the foregoing recipe.

With twelve good-sized chestnuts, peeled, scalded, and skinned, you can proceed in the same way and make the wellknown chestnut *purée* sauce.

Almonds may in like manner be treated in savoury fashion, and if slightly fried beforehand are particularly nice for a change in a sauce of this description. The salted almonds, sold for dessert and to fill the little saucers wherewith the modern dinner-table is garnished, can thus be turned to pleasant advantage. A nice almond sauce for poultry can be made by boiling a tablespoonful of ground sweet almonds in half a pint of good white sauce ; strain, and add the tablespoonful of cream in the manner already explained. Nut sauces must have the assistance of cream.

### Sharp Sauces.

**Sauce piquante**:—Chop up as finely as possible an ounce of shallot, and put the mince into a quart stewpan with one ounce of butter and four tablespoonsful of vinegar. Stir over a moderate fire till the vinegar is reduced, which is indicated by the butter becoming clear. Unless this were done the flour which must next be added would not amalgamate. When the vinegar has been thus absorbed by the shallot, mix one ounce of flour into the butter, stir for four minutes, then add half a pint of broth, a saltspoonful of mignonette pepper, and a few drops of colouring (Parisian essence). Simmer for a quarter of an hour adding a tablespoonful of finely minced parsley, the same of chopped gherkins. Boil up once, skim, and serve.

**Sauce ravigote**:—Proceed as for *piquante*, adding instead of parsley and gherkins a “*ravigote* mixture” of herbs—*i.e.*, a dessertspoonful each of green stem of young onion, chervil, and parsley, all very finely minced.

**Sauce rémoulade**:—Flavour the sauce with a teaspoonful of French mustard, and soften it with the yolk of an egg (raw) stirred in off the fire to finish with.

**Sauce poivrade**:—Put into a stewpan an ounce and a half of clarified suet, two ounces each of onions, turnips and carrots, an ounce of parsley, a sprig of thyme or marjoram, four cloves, salt and pepper; cook all these ingredients together till the vegetables turn brown, then moisten with half a pint each of broth and vinegar. Now bring to the boil, simmer for half an hour, strain, cool, and skim; mix a roux with an ounce each of butter and flour in another saucepan, stir for four minutes over low fire, add the strained broth by degrees bring to the boil, colour with Parisian essence, skim, pass, and serve.

**Sauce à la zingara** :—Reduce a quarter pint of vinegar with an ounce of finely minced shallot, a small saltspoonful of salt, and one of pepper, till about a dessertspoonful remains ; add to this two tablespoonsful of bread crumbs that have been fried lightly in butter ; moisten with half a pint of good broth, simmer gently for ten minutes over a low fire, and finish with a tablespoonful of minced parsley and the juice of half a good lime.

NOTE :—For white *zingara* do not let the crumbs take colour, moisten with giblet broth, and finish with a gill of boiled milk with which a yolk has been beaten, pass through a hair sieve, add the parsley and serve.

**Mustard sauce** :—Melt half an ounce of butter in a small saucepan, blend with it half an ounce of flour, and a heaped-up teaspoonful of French mustard with a pinch of salt ; when thoroughly mixed, add half a pint of broth or water ; let it come to the boil, then pass through the pointed strainer into a hot sauce-boat. If English mustard is used mix it first with a little tarragon vinegar.

**Sauce au pauvre homme** :—Fry an ounce of minced onion in an ounce of butter until it assumes a golden brown tint, moisten with half a pint of warm broth made from giblets or scraps, give this a boil, simmer for a quarter of an hour, and then strain it by degrees into another saucepan containing a thickening made of half an ounce each of butter and flour ; work this well with a wooden spoon, adding a saltspoonful of salt, half one of pepper, and a dessertspoonful of vinegar from the walnut pickle or anchovy vinegar. Bring to the boil, simmer ten minutes stirring steadily, pass through the pointed strainer into a hot sauce boat, and serve.



**Sauce Hollandaise:**—In its homely form this may be described as *sauce blanche*, to which a few yolks of eggs have been added, and a squeeze of lemon juice. In its more elaborate treatment it becomes a custard of yolks of eggs and butter sharpened with vinegar or lemon juice. Some are in favour of vinegar, others prefer lemon juice. For the simplest process:—

Beat up the yolks of three eggs with a teaspoonful of vinegar that has been reduced as described in the next recipe, and a dessertspoonful of water in which half a saltspoonful of pounded allspice has been dissolved, add salt, and four ounces of fresh butter. Put this mixture into a small saucepan, and plunge it into a *bain-marie*, or stewpan large enough to receive it, containing boiling water: stir the mixture with a small whisk as in custard-making till it thickens, and serve the sauce in a hot boat. *Hollandaise* is sometimes described as *hollandaise jaune*, to distinguish it from “Dutch sauce” or *beurre fondu* sharpened lemon juice.

Gouffé’s method may be condensed as follows:—Take four ounces of butter and divide the whole into six equal portions; next reduce two tablespoonsful of vinegar on the fire with a saltspoonful of salt and pepper blended, till about a teaspoonful remains: strain, and add to it two tablespoonsful of water, and two yolks of eggs carefully freed from white; put this over a low fire for a minute, stirring it well with a wooden spoon; avoid boiling; take off the fire, add one of the sixth parts of butter, stir till melted, put it on the fire for a minute, stir well, take it off again, and continue this process till bit by bit the six portions of butter have been worked into the two eggs you originally put in, and by degrees, adding a little water now and then to prevent its curdling. The sauce should be thick as good *mayonnaise* sauce, or very

thick cream. Being made at a very low temperature it can never be served "piping hot" like other sauces; it is necessary, therefore, to see that the sauce-boat (a silver one if possible) should be warmed to receive it.

This recipe should be very carefully noted, for the process it prescribes is followed exactly in making sauce **Béarnaise**, one of the best sauces in the whole *répertoire* for the fillet of beef. For this you only have to add a dessertspoonful of chopped tarragon, and one of tarragon vinegar just before serving, omitting at the beginning the reduced vinegar propounded for *hollandaise*.

**Sauce Valois** is of this type also:—Put into a small saucepan two tablespoonsful of vinegar with one ounce of finely minced shallot. Reduce over a moderate fire till the shallot has taken up all the vinegar. Let it get cold, then put the shallot into a stewpan, add four yolks of egg and one ounce of butter, mix over a low fire, then take the pan off, add another ounce of butter, mix, put on the fire again, and add one gill of strongly reduced chicken broth, mix well off the fire, put it on again, add one more ounce of butter and a tablespoonful of chopped parsley, and serve. If required for fish, strongly reduced fish broth may be used instead of the chicken.

**Beurre fondu**, or Dutch sauce as eaten in Holland, by some considered the veritable *hollandaise*, is butter plainly melted, seasoned with pepper and salt, and sharpened with lemon juice; stir the butter in a small saucepan over a low fire with a wooden spoon; when half melted, remove the vessel and continue stirring off the fire. When quite melted pour it into a very hot metal sauce-boat. No sauce is more admirable with artichokes, asparagus, seakale, celery (boiled), celeriac, young brinjals, bandecai, etc.

The proportions—to be doubled, of course, if necessary—are:—For four ounces of butter, a small saltspoonful

of salt, the same of mignonette pepper, and one tablespoonful of lemon juice.

This sauce, a little of which goes a long way, is specially nice with fried fish; about one tablespoonful is enough for each portion, and the plates should be really hot. A teaspoonful of *anchovy* vinegar is in this case better than lemon juice.

Note that the saucepan should be removed from the fire *before* the butter has quite liquefied. The heat of the saucepan will complete the melting. This is necessary to preserve the creaminess of the butter, which would be lost if it were allowed to assume the consistency of oil over the fire.

**Oiled butter:** or *beurre fondu* as clear as oil, and not seasoned or sharpened, is made in this way: Put the butter into a small saucepan over a low fire, melt it completely, remove the vessel from the fire, let the butter settle five minutes, then pour it free from sediment into another saucepan, warm gently till clear and bright, and pour into a very hot sauce-boat.

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**Horseradish sauce** (*sauce raifort*):—Although chiefly known, of course, in connection with roast beef this sauce can be used with good effect with other things. With fish it is especially nice whether in its hot or cold form.

To serve hot:—Grate as finely as you can a coffee-cupful of the moringa root raspings, boil up and simmer them in half a pint of fish or giblet broth for twenty minutes; then thicken the broth, custardwise, over a low fire with the yolks of three eggs beaten up with a dessertspoonful of reduced tarragon vinegar; finish with a teaspoonful of made mustard, pepper, and salt, and serve in a sauce-boat.

A simpler method is to stir the raspings into half a pint of sauce *Hollandaise*, or *poulette*, allowing the vessel to remain some time in the bain-marie to extract flavour by infusion. Finish as to seasoning as in the former case.

The cold form of this sauce is very nice with cold roast beef or any cold meat. Rasp the moringa root till you have a coffee-cupful of fine raspings, and mingle them with a breakfast-cupful of plain *mayonnaise*, or cold *Hollandaise*, for which a recipe will be found (page 79). Serve this as cold as you can. Worked rather thickly it is excellent in a sandwich with cold meat.

For *sauce raifort* with cream :—Rasp as finely as possible a heaped-up tablespoonful of moringa root; soak two tablespoonsful of white crumbs in giblet broth or milk; press out the moisture and put the pap thus obtained into a mortar, and pound it with the horseradish raspings; sharpen this with a teaspoonful each of tarragon and of chilli vinegar, season with a saltspoonful of salt, and whip it with half a pint of cream in a cold bowl over ice.

### Cold Sauces.

In respect of cold sauces an invariable rule must be observed—be sure that they *are* cold. That is to say, if the dish to which it appertains has been made cold in the refrigerator, the sauce must be of the same temperature. A sauce that has been kept in the dining room, even in the cold weather, will appear almost warm if handed in its natural condition with an ice-cold *entrée*. All ingredients for the mixing of cold-sauces, especially of those in which such materials appear as salad oil, eggs, or cream, must be as cold as possible. Failure in the proper thickening of a *mayonnaise* sauce is often caused by the warmth of the materials used, the basin in which they are blended, and the room in which the work is done. In the hot

weather it will be found a good plan to mix a *mayonnaise* sauce in the coolest room you have, to set the basin in which it is to be mixed in crushed ice for a quarter of an hour before operations are begun, to measure the oil according to requirements and put it in ice also for ten minutes—just long enough for it to become cold but not cloudy. These precautions insure success, and reduce work to a minimum, for cold oil becomes stiff with whipping very quickly. It need scarcely be added that all materials used in cold sauces should be of good quality, eggs, cream, oil, vinegar, etc., for the presence of inferior ingredients is more readily detected in cold than in hot sauces.

As soon as it is made, a cold sauce should either be set in the refrigerator or kept in a basin of crushed ice.

Taking the *mayonnaise* group first, I commence with a recipe which I have purposely kept as simple as possible, free from mustard, herbs, and aromatic vinegar, as a *foundation* sauce, variety being obtained by mingling different flavours and garnishes with it.

**Plain Mayonnaise Sauce.**—Having everything cold as already explained, put three yolks of fresh eggs into a bowl or soup plate with a saltspoonful of salt, stir with a plated spoon, gradually adding, *drop by drop* at first, cold salad oil; as you see the mixture gradually thickening, begin to increase the doles of oil a little in quantity until you have used half a pint of it. The three eggs will thicken from eight to ten tablespoonsful of oil without difficulty. When this has been done, add a tablespoonful of good French vinegar (Bordin's or Maille's). Correct if more salt be considered necessary, and having put the sauce into a cold sauce-boat keep it over ice or in the refrigerator until required. After the signs of thickening are satisfactory, the spoon may be exchanged for a small

whisk, which expedites the work and produces a fine thick sauce.

As I have said, the sauce-boat should be placed in the ice-box ; but, to be successful, *mayonnaise* sauce ought, if possible, to be made as near the time of service as possible. When cream is used, it takes the place of the oil, but if only a little can be spared, a dessertspoonful may be added as a last touch to the sauce I have described with good effect.

The points in the working which should be noted are : first the very gradual adding of the oil. This to begin with should be actually drop by drop. Next the sparing use of vinegar. You do not want a very acid mixture. Gouffé's calculation represents the quantity of vinegar as barely one-eighth of the oil. The moment the vinegar is added the sauce will assume a creamy appearance. This step must be reserved for the very end of the operation.

The yolks of hard boiled eggs may be used in conjunction with raw, two of each say, but it is the raw yolk which produces the creamy thickness required.

The following recipes for varieties of *mayonnaises* have been calculated for half a pint of plain sauce as their basis :—

**Sauce mayonnaise à l'estragon.**—Use tarragon vinegar instead of Orleans, and garnish with a teaspoonful of finely minced tarragon leaves.

**Sauce mayonnaise aux fines herbes.**—Scald, drain, dry on a cloth, and mince very finely a teaspoonful each of chervil, chives, parsley, and gardencress in equal portions, making a tablespoonful in all when minced, and stir this into a plain *mayonnaise* sauce.

**Sauce mayonnaise verte.**—Put a good handful of parsley, watercress, and chervil, chosen in equal portions and all carefully picked, into boiling salted water and boil for seven minutes; drain, dry, pound, and then pass the pulp through a hair sieve. Mix this into half a pint of plain *mayonnaise* sauce, thus turning the color of the latter to a nice apple green—a darker tint is not desirable.

NOTE.—Tarragon is omitted in the two last sauces on account of its strong flavour, which quite overpowers those of any other herbs with which it may be associated.

**Sauce mayonnaise à la ravigote.**—To be correct, *ravigote* should be composed of chervil, burnet, chives, gardencress, and tarragon—prepared as the herbs in *mayonnaise aux fines herbes*—all in equal portions except the tarragon, two leaves of which will suffice if blended with a teaspoonful each of the other herbs. This mixture should be added to a plain *mayonnaise*.

**Sauce mayonnaise à la Tartare.**—Mustard should in this case be worked into the sauce in a dry state to begin with, a dessertspoonful of the powder being about enough. The garnish should be one of *fines herbes*, with a dessertspoonful of finely minced gherkins or capers, shallot vinegar taking the place of plain vinegar.

**Sauce mayonnaise à la remoulade.**—Mixed French mustard (*moutarde de Maille* the best) is an essential feature in this sauce. One dessertspoonful of it should be allowed for the quantity of *mayonnaise* sauce given in the recipe for plain *mayonnaise*; while to the garnish composed of pounded herbs as explained for *mayonnaise verte* the fillets of four anchovies cut into little squares should be added.

NOTE.—It is customary to speak of the three last sauces as *sauce ravigote*, *sauce Tartare*, and *sauce remoulade*. As,

however, each of them is composed upon a *mayonnaise* basis, I think that directions are simplified by keeping them under that head.

**Sauce mayonnaise au raifort.**—For this simply add to a plain *mayonnaise* sauce in quantity as given in the recipe a tablespoonful of very finely grated horseradish.

**Sauce mayonnaise aux poivrons doux.**—When ripe capsicums are procurable an uncommon flavour as well as a red colour can be communicated to a *mayonnaise* sauce by mixing into it the pounded fleshy part of the skin of one or two capsicums according to taste. A good tablespoonful of the *purée* should be about enough.

**Sauce mayonnaise collée** (made without eggs).—Dubois' recipe is given as follows: Put half a pint of liquefied aspic jelly in a bowl over ice, and as it begins to set beat into it with a whisk in very small quantities at a time about a gill of salad oil. The mixture will soon form, when additional oil may be whisked into it according to the quantity required. After this has been done the sharpening with vinegar must follow with a sprinkling of finely chopped herbs, and a tablespoonful of cream if liked.

Another variety thickened with arrowroot is given by the same author. Make a breakfast-cupful of very smooth and rather thick arrowroot with water in the ordinary way. Let this get cold in a bowl over ice. While cooling season with a saltspoonful of salt and one of mustard powder; next add the yolks of three raw eggs. Whip the mixture with a whisk adding drop by drop a gill of salad oil in the usual manner followed in making *mayonnaise* until the desired quantity of sauce has been made. Finish with vinegar, etc., as in the previous recipe.

**Cold Hollandaise** (without butter).—Make a rich savoury custard with half a pint of milk and four yolks of



eggs; season it with salt, white pepper, and a dust of Nepaul pepper. Set it aside in a bowl on ice to get cold, and make the following sharpening mixture: Put a gill of French vinegar into a little saucepan, with a teaspoonful of minced onion and a pinch of salt, boil fast till about a liqueur-glass remains, strain this off, and when cold whisk it drop by drop into the cold custard. Half a pint of chablis similarly reduced, strained, and cooled gives a pleasant flavour and slight acidity. Nice with cold fish and vegetables as a change.

**Cold Béarnaise.**—For this sharpen the custard with chablis and vinegar in equal proportions, reduced as above, and garnish with a teaspoonful of finely minced tarragon.

**Béarnaise tomate.**—Make the sauce just given, and add two tablespoonsful of tomato *purée* to finish with.

**Sauce de Cherbourg.**—To the cold *Hollandaise* add two tablespoonsful of prawn *purée* and one of chopped prawns.

**Sauce Mousseline.**—Put a gill of cold *Hollandaise* into a bowl over ice and whisk into it an exactly similar quantity of separately whipped cream until a frothy consistence is obtained. *Sauce mousseline* is much liked with all cold vegetables of a superior kind—asparagus, peas, artichokes, etc.

**Hollandaise aux anchois.**—Garnish half a pint of cold *Hollandaise* with two fillets of anchovy finely minced, or stir into it a teaspoonful of essence of anchovy.

**Sauce Suédoise.**—Put twelve ounces of apples, weighed after peeling and trimming them, into a small stewpan, moisten with a claret-glassful of chablis, sauterne, or hock, season with salt and white pepper, and stir over a low fire until the moisture is gradually absorbed; now pass the apples through a hair sieve into a bowl, when quite cold

add an equal quantity of finely rasped horseradish, and finish by stirring in by degrees half a pint of plain *mayonnaise* sauce. Keep the bowl over ice or in the refrigerator till required.

**Sauce froide à la Seville.**—Peel off the rind of three oranges as finely as possible avoiding all of the white skin, and the same of one juicy lime. Put the peelings into a small saucepan with a pint of boiling water, boil briskly for seven minutes, then drain, and, putting the peelings into a mortar, pound them to a paste. Now wipe the saucepan and put half a pound of red-currant jelly into it with a gill and a half of claret, burgundy or port wine and the peeling's paste; melt the jelly in the wine and then pour it off into a bowl, when cool add the juice of the three oranges and that of the lime, seasoning with a saltspoonful of salt and half one of Nepaul pepper. If the oranges are very sweet a little extra lime juice should be put in.

**Sauce froide à l'Anglaise.**—Stir over a low fire half a pint of apple *purée* (not sweetened) with a claret-glassful of cider until the moisture has been exhausted, add to it a tablespoonful of horseradish raspings; season this with salt and Nepaul pepper. Stir the mixture in a bowl over ice as you pass into it the juice of two oranges. Finally, whisk it with two gills of plain *Hollandaise* sauce.

**Persillade or vinaigrette.**—Put into a soup-plate a dessertspoonful of French mustard, a saltspoonful of salt, and half one of pepper; moisten with salad oil by degrees, using a fork and adding a teaspoonful of tarragon vinegar to eight of oil. About double this measure will be enough. Garnish with a tablespoonful of minced parsley, chervil, and chives or green stem of onion mixed in this proportion: two teaspoonsful of the parsley and one each of the other two. An additional garnish may be added in the form of one hard-boiled egg, granulated by being

pressed through a wire sieve. This should be scattered into the sauce to finish with.

**Brawn sauce.**—Put the hard-boiled yolk of an egg in a cold basin, and with the back of a plated spoon bruise it with a tablespoonful of mixed mustard, a saltspoonful of salt, and half one of pepper ; add a very little salad oil to make a paste of it, and mix with it a teaspoonful of powdered sugar ; when these ingredients are blended, break into the basin the yolk of a fresh egg, and, taking a fork, begin to beat in with it, drop by drop, salad oil as explained for *mayonnaise* until about two gills of sauce have been made ; now sharpen well with vinegar—that from walnut pickle for choice—and set the basin in the refrigerator till the sauce is required. This should be a decidedly sharp sauce, and, if liked, heat may be communicated to it by using chilli vinegar or a few drops of tabasco.

**Another brawn sauce.**—Beat together in a basin with a fork by degrees three tablespoonsful of salad oil, with one-and-a-half of vinegar, a good dessertspoonful of made mustard, and the same of sifted sugar ; add the juice and rasped zest of an orange, and season with a saltspoonful of salt and half one of pepper.

**Wyvern's cold poivrade sauce.**—Clean and cut up small four ounces of onion, eight of tomatoes, two of carrot, and two of turnip, half an ounce of celery, and the same of parsley. Fry these in an ounce and a half of butter or clarified beef suet until soft ; sprinkle in a tablespoonful of mixed green herbs, with a seasoning of salt and black pepper, and moisten with five gills of hot water and three gills of Orleans vinegar ; bring to the boil slowly, skimming carefully, and then simmer until the vegetables are cooked. Now drain off the broth into a bowl. When cold take off any fat there may be on the surface. Next, put the broth into a clean stewpan, set it

over a fast fire, and stir in a tablespoonful of red-currant jelly, which will dissolve as the heat increases. While this is proceeding mix thoroughly in a small bowl an ounce and a quarter of rice flour (Groult's *crème de riz* the best) with just enough of the broth to moisten it, and when the broth in the stewpan nearly boils pass this into it through a pointed strainer, stirring for ten minutes to complete the thickening; take off the pan when this has been accomplished, strain its contents through a hair sieve, and mix into the sauce now produced half a pint of claret or burgundy. Let it get as cold as possible. Half quantities enough for a pint of sauce.

**Wyvern's cold devil sauce.**—Melt an ounce and a half of butter in a small stewpan over a moderate fire, put into it three ounces of finely minced red shallot; fry gently, adding the minced skin of two green chillies or of one fair-sized capsicum, and a teaspoonful of rasped green ginger. When the shallot has browned lightly, moisten with half a pint of good broth, half a pint of claret, and a tablespoonful of chilli vinegar; stir in while this is heating a tablespoonful of chutney (Vencatachellum's tamarind for choice) and a teaspoonful of sugar or red-currant jelly. Boil up, skim, simmer for fifteen minutes, and strain. When cold, remove any fat that may have risen, and serve as required.

**Tomato relish.**—Melt an ounce of butter in a stewpan, put into it a dessertspoonful of finely minced shallot, a clove of garlic *not cut*, and the finely minced skin of two scarlet chillies or of a ripe capsicum; fry together for five minutes, and then stir in a pound and a half of ripe tomatoes of as rich a colour as possible, coarsely cut up, seeds, juice, and all. Continue the frying, during which the tomatoes will soften to a pulp and produce quite enough moisture for our purpose. Now add a dessert-

spoonful of vinegar reduced as explained for *Hollandaise*, season with a good teaspoonful of salt, a saltspoonful of black pepper, and a teaspoonful of minced sweet basil. Next add half a pint of really good *jellied* meat broth—the jelly produced from pounded chicken bones, and giblets, with lean meat trimmings for instance—boil up, pick out the clove of garlic, and then pass all through a hair sieve into a basin. When cold remove any butter that may have risen. The jelly should have given the sauce a consistence about as thick as conserve of tomato. If not, return the composition to the stewpan, melt, boil up fast, and reduce by fast boiling, stirring unceasingly till the desired condition is produced, setting it to get cold again.

**Mint sauce.**—The proportions for this well-known accompaniment of lamb may be fixed as follows: One gill of French vinegar, half the same measure of water, and two tablespoonsful of powdered sugar mixed with three tablespoonsful of finely chopped mint. Pick the mint leaves as young and fresh as possible, wash, scald, and dry them, and mince just before adding to the vinegar, etc.

**Herbs sauce.**—Something like the foregoing with this difference: reduce the sugar by half, and instead of mint put into the liquid a dessertspoonful each of finely minced chervil, chives or green stem of onion, marjoram, rosemary, and basil. Infuse for two or three hours.

**NOTE.**—These two sauces may be made on a larger scale and kept bottled for use, as they keep very well. Herbs sauce may be used to flavour salads instead of tarragon and other vinegars. Both can be made with dried mint or herbs as the case may be.

**English salad sauce.**—It is as well to place a reliable recipe for this homely preparation on record:

Boil three eggs hard, *i.e.* quite fast for a quarter of an hour; then put them into a bowl of cold water, and when quite cold, cut them in halves lengthwise, remove the yolks, which put into a cold soup-plate, and save the whites for garnish. Proceed with the back of a silver-plated spoon to bruise the yolks, mixing with them a saltspoonful of salt, half one of white pepper, and a dessertspoonful of made mustard; add a few drops of salad oil to this just to make it into a paste; now break in one raw yolk and commence working into it with a fork, drop by drop, oil as explained in making *mayonnaise* sauce until half a pint has been used. By this time if the oil has been added patiently the sauce will be smooth, thick, and creamy; add next a tablespoonful of tarragon; shallot, elder, or herbs vinegar as may be desired, or plain French vinegar with a dessertspoonful of finely minced tarragon, chives, or other aromatic herb. Some put in a teaspoonful of finely minced green salad onion to start with, in which case it is advisable to pass the sauce, when finished, through a strainer, since all do not like eating pieces of onion, though not objecting, perhaps, to a slight flavour of it.

NOTE.—Remember to have the ingredients cold before you commence to mix them. A little crushed ice under the soup-plate will assist the operation. For picnics this sauce should be carried in a wide-mouthed bottle well corked down. Variety in flavouring can obviously be obtained by changing the herbs which are scattered in, or the vinegars.

**Cold asparagus sauce:** equally applicable to cold *fonds d'artichaut*, mixed cooked vegetables (*macédoine*), French beans, cooked cucumber, celery (cooked), etc.—A gill of English salad mixture (half quantity as above) mixed with two gills of plain *Hollandaise*, the two sauces beaten together with a whisk in a bowl over ice.

*Cold crab, prawn, and langouste sauces* can be prepared for service cold by blending the finely shredded flesh of the fish with plain *Hollandaise*, finished if liked with a spoonful of cream or *mayonnaise* sauce. About two tablespoonsful of the shell-fish to half a pint of the *Hollandaise* will be found a fair proportion. If a creamy consistence be desired the shell-fish must be pounded with a little butter and passed through a hair sieve.

**Cold maître d'hôtel sauce.**—This can be obtained by sharpening a plain *Hollandaise* with lime juice and garnishing with finely chopped parsley. The parsley should be scalded in boiling water for three minutes and dried before mincing.

**Sauce Lyonnaise.**—Melt an ounce of butter in a stew-pan over a moderate fire; then stir into it a tablespoonful of finely minced onion, a dessertspoonful of minced celery, and the same of parsley; season with a teaspoonful of powdered dried basil salt and white pepper; fry and when softened but not coloured moisten with three gills of thin tomato *purée*, stir well, and bring to the boil, skim, then pass through a hair sieve into a bowl and add two gills of *Hollandaise* and one of cream; whisk all together over ice and serve very cold.

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### Superior Sauces.

The sauces of advanced cookery may be described as compositions which are arrived at by mingling certain carefully extracted essences and flavours with strong foundation sauces. The first thing to be considered in this branch of study then, is the preparation of these fundamental bases. The latest French writers, I am glad to say, have simplified matters considerably, and the elaborate list of *sauces mères*, as they were called, has been virtually

reduced to two:—*sauce espagnole*<sup>sa</sup> for brown, and *sauce veloutée* for white. These being kept free from any distinct flavouring of their own provide the necessary media with which the artist can manipulate the blends by which sauces of distinct character and established names are produced. Even the composition of the two sauces I have indicated has been freed from much of the pretension which authors of fifty years ago affected.

Following this modern principle I propose to describe in the simplest manner possible two foundation sauces which will be found ample for the requirements, and well within the reach of the Indian kitchen, the object being to keep each of them plain and strong so that the flavouring may be imparted according to the nature of the sauce that may be selected.

**Domestic Espagnole.**—Prepare a pint and a half of good broth out of fresh butcher's meat and vegetables taking about half a pound of lean beef with a couple of sheep's feet, and a pound of mutton trimmings (say a scrag end including the bones). Cut all up quite small, and mince four ounces each of carrots, turnips, and onions, an ounce of parsley, and half one of celery.

Now melt two ounces of clarified beef suet at the bottom of a two quart stewpan, put in the vegetables and meat, and fry briskly (*faire revenir*) over a fairly quick fire until the contents of the pan begin to take a nice reddish brown tint, then moisten with a quart of warm water, reduce the fire, and bring very slowly to the boil, skimming as in making *pot au feu*.

After boiling has commenced reduce the heat to simmering, and continue this for a couple of hours. The broth can now be strained off into a bowl through a hair sieve to catch up all particles that may be in it.



Let this get cold in order to take off the fat that will form upon the surface of the broth. If the cooking has not been too fast, there should be a pint and a half of liquid allowing for the loss of half a pint by evaporation. This must now be thickened.

Put an ounce of butter into a stewpan, and melt over a low fire stirring in gradually an ounce and a half of flour, when thoroughly mixed keep stirring the *roux* until it takes a brownish colour, then, off the fire, begin to moisten by degrees with the broth, replacing the vessel over the fire and increasing the heat a little: stir now without ceasing until boiling begins, then reduce the heat, simmer ten minutes, and pass the sauce through a hair sieve into a bowl. It is now ready for use.

Seasoning should be reserved until the sauce is completed, for if the salt be put in correctly to begin with, the process of reduction may make the sauce too salt.

Game fragments, poultry, mushrooms, etc., must not be used in making *espagnole*, for such ingredients would impart a distinct flavour to the sauce.

The quantity given in the recipe should be sufficient to form the basis of two or three brown sauces for a dinner-party of ten or twelve people. Having been portioned off each should receive its special flavour and be placed, labelled, in the *bain-marie*. With exactly half the quantities enough to produce two good sauces for six or eight should be obtained.

Using *espagnole* as your medium or basis, you can proceed to compose some of the better preparations as follows:—*Financière*, *Périgueux*, *Bordelaise*, *Provençale*, *Genevoise*, *Matelote*, *Châteaubriand*, *Régence*, *Robert*, *Italienne*, and *Réforme*, with others too numerous to mention.

The specialities of the sauces I have enumerated, consist in the distinct flavouring of the *espagnole*, from which they are made, with *essence* of mushrooms, truffles, game, pigeons, poultry, fish, or ham, concerning which I shall speak later on, wine in judicious proportions, delicate vegetables, and so on. The receipts given in the *menus* will furnish the reader with the necessary information.

Reduction is enjoined by the best authors for all superior sauces. Concentration of strength and flavouring is thus secured. It is carried out by stirring them over the fire till they coat the spoon. This is obviously necessary when any flavouring liquid has been added to and has somewhat diluted an already thick sauce. Great care is necessary lest the liquid catch at the bottom of the vessel and burn—an accident that would immediately ruin the whole composition. Continual stirring is therefore absolutely necessary.

For *espagnole maigre* follow the same process omitting the meat but adding two ounces to the root vegetables and onions. After boiling up simmering for one hour will suffice.

Fish bones and trimmings, with a glass of chablis or sauterne, should be used instead of meat if the *espagnole* be wanted for a brown fish sauce. Colour can be obtained by a few drops of Parisian essence.

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A good domestic *velouté* will be found sufficient for all ordinary establishments. This may be described as the *sauce blonde* of page 64, made with a stronger white broth, the process being conducted in this manner:—

**Sauce Veloutée.**—Take one pound of chicken or fowl carcasses from which the breast meat has been removed for an *entrée*, and half a pound of lean mutton scraps.

Lay the former on a board and chop them in small pieces ; chop the meat up also.

Lay this at the bottom of a stewpan, cover with a quart of cold water, set over a moderate fire, bring slowly to the boil skimming off the scum as it rises, then put in four ounces each of minced carrot, turnip and onions, an ounce of celery, and one of parsley.

Let the liquid boil up again, and then simmer for a couple of hours. Pass through a hair sieve, cool, skim, and thicken in the manner just described for *espagnole* omitting the browning of the *roux* only.

In India where a fowl is not a costly article of food the setting aside of a bird or two, using the fillets in the way I have mentioned, cannot be considered extravagant. The sauce thus produced will be an excellent *velouté*.

A very useful form of *velouté* can be produced with the water in which a fowl has been boiled—reduced one-third in volume by rapid boiling—thickened, simmered, skimmed, and passed. It is of course assumed that a few vegetables have been boiled with the bird.

**Sauce Veloutée maigre.**—This is made of course without meat, and at a pinch is a good substitute for *velouté au gras*. Take the allowance of vegetables given for *sauce veloutée*, fry them in two ounces of butter or clarified suet over a low fire until softening without allowing them to take colour ; then moisten with a pint of boiled milk that has been cooled to lukewarm, and one of warm water, bring to the boil, and simmer for half an hour, or until the vegetables are quite done ; then strain into a bowl to cool, and throw up the butter or fat finishing exactly as described for *sauce veloutée au gras*.

For fish *velouté* the moistening should be effected with fish broth instead of milk and water, with a claret glassful of *chablis* or *sauterne* reduced to half by fast boiling.

**Sauce Allemande** is *velouté* flavoured with mushroom trimmings; enriched with yolks of eggs, and no cream is needed in its composition.

**Sauce Béchamel** is made in the same manner as *velouté* with the addition of mushrooms and cream. Two ounces of sliced fresh mushrooms should be put in during the simmering; pass, and add a gill of cream to finish with.

**Sauce Suprême** is a very near relation of these three—so near indeed as to be easily mistaken for one of them. The chicken broth must be strong, and the mushroom flavouring also. Reduce till the sauce coats the spoon: pass, and serve.

**Sauce Villeroy** is another repetition of chicken and mushroom flavouring reduced, and rendered thicker by yolks of egg.

NOTE.—Cream is really added to all of these by the best *Sauciers*, and if the truth be spoken the difference between them is not very perceptible. They may exchange names freely without fear of detection.

With *velouté* as a foundation the following superior white sauces are composed:—Oyster, Lobster, *Printanière*, *Cardinale*, *Vénitienne*, *Marly*, *Villageoise*, *Mornay*, *d'Orleans*, *Brantôme*, *Chaud-froid blonde*, and many others. In fact all sauces which in their simple form are made with *sauce blanche* or *sauce blonde*, may be served in a superior manner by using *velouté*, *allemande*, or *béchamel* as their groundwork.

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### Essences.

Chicken essence for domestic cookery can be extracted from the giblets and carcasses of chickens well broken up and done “in the jar” (like beef tea) with sliced onions, carrots, and herbs.

Valuable flavouring essence can be got in the same way from pigeon bones, and especially from those of a turkey assisted by eight ounces of lean beef or mutton. The giblets should never be thrown away, for they assist a broth greatly. In like manner game bones and giblets are very valuable (see page 63).

Essences of mushrooms, of truffles, and ham, are obtained by stewing them cut into small pieces in broth.

A dash of madeira or sound marsala, is necessary to assist the production of ham, truffle, and game essences, while chablis and sauterne give assistance to fish essences which are used, of course, to improve fish sauces.

Reduced French wine and vinegar have been already described.

**Mirepoix** is a strong broth made from meat and vegetables, flavoured with wine and sweet herbs, and strained, *but not thickened*. It is used for braising and in sauces as a flavouring medium :—

Cut into squares one pound of lean beef, half a pound of fat bacon, or clarified suet; slice up ten ounces each of carrots, turnips and onions, two of parsley, two of celery, and dessertspoonful of powdered thyme and marjoram. Fry in the melted fat bacon, etc., till the whole turns pale brown; then cover with common stock and a pint of chablis or sauterne; season with a saltspoonful of mignonette pepper, boil, simmer for two hours, strain, and put by for use, leaving the fat on the surface.

**D'Uxelles, or fines herbes** :—Chop up six ounces of fresh mushrooms, six ounces of fresh chervil and parsley mixed, and two ounces of chives or shallot; put the minced shallot in a stew-pan with two ounces of fresh butter and a seasoning of salt and black pepper; fry over a low fire for five minutes, add the minced mushrooms and

parsley, fry for five minutes more, and put the mixture in a jar for use as required. Half quantities will be found sufficient for most operations.

**Sauce D'Uxelles** illustrates the use of reduced wine, with a foundation sauce, and garnish :—

Put into a small saucepan one gill of chablis, sauterne, or hock. Reduce this over the fire till half the quantity has been absorbed, season with half a saltspoonful of salt and the same of pepper. This being ready stir it into half a pint of *espagnole*, boil up, simmer for a quarter of an hour, and finish with two dessertspoonful of *d'Uxelles*.

The skin which forms on the surface of sauces after they have been set in the *bain marie* can be prevented by putting a tablespoonful of broth on the top of the sauce after it has been set in the pan. If to be put away for use later on, skin is prevented by stirring the warm sauce until it is cold.

**Final Notes on sauce making:** To produce really nice sauces particular attention should be paid to these rules :—

1. Use good ingredients: (a) a good foundation: whether milk, *cuisson* of vegetables, broth made of scraps or of special materials, see that it is free from taint, well skimmed, and strained through a freshly scalded hair sieve. If after this any traces of grease are observable, remove them with blotting paper: (b) good butter, flour, and eggs.

2. If a sauce be too thin reduce it to the proper condition by fast boiling, stirring without ceasing while doing so.

3. Invariably pass a sauce through a hair sieve or strainer, thus removing lumps and producing a smooth velvety texture.

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## CHAPTER VIII.

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### *Garnishes, Maskings, etc.*

**I**N order to make matters clear on this subject, it is necessary to discriminate between ornamentation and garnishing. Whereas the former is a practice decidedly to be condemned, except, perhaps, in respect of confectionery and certain sweet dishes, the latter is an important part of the cook's work demanding careful study and attention. A garnish, let it be understood, is part and parcel of the dish with which it is associated, a thing *to be eaten with* that dish, often indeed providing the very feature from which it derives its name—not a lovely "high class" device, to be carefully scraped off the thing it adorns, and left on the side of the plate untasted.

The family of garnishes is a large one as will be shown presently, and in connection with it I propose to speak of maskings, or the dressings which are composed for the coating of poultry, galantines, cutlets, chaud-froids, etc., etc.

**Aspic jelly.**—The preparation of this at one time entailed good meat stock, and the boiling down and simmering in it of calves' feet, ox heels, or sheep's trotters, in order to secure the requisite solidity. The necessity of this somewhat lengthy and expensive process has been removed, of course, by the introduction of gelatine, a material that has been much improved of late years. Nevertheless, it must be admitted that the employment of this labour-saving ingredient has brought about a decided

falling-off in the quality of aspic jelly. The reason is soon arrived at. It is so easy to produce a jelly by its means that many cooks are tempted to scamp their work, and omit much that ought to be done to produce a good aspic even with the valuable assistance of gelatine. With water tinted with caramel or ready-made meat extract, flavoured with tarragon and a little wine, seasoned, and sharpened with vinegar, dissolved gelatine added to it according to quantity, and the whole clarified with whites of eggs, a pretty-looking clear jelly may be made; but in the matter of flavour it cannot be compared for a moment with the solidified *bouillon* of the old school in the days when aspic was confined to the tables of the wealthy. The consequence is that it is quite common to see people carefully scraping off the jelly in which an *entrée* may be set, and leaving wholly untasted a part of the dish which ought to form one of its attractive features. When aspic is merely required for *socles* or platforms upon which a luncheon or supper *relevé* is placed, or for the ornament of a dish in the form of *croûtons*, or little heaps of broken jelly—not intended to be eaten—it may be allowable to adopt the subterfuge I have just described; but when it is associated with a *chaud-froid*, or moulded *entrée*, used for the outer coating of galantines, for garnishing *terrines*, pies, etc., it should be both nice to look at and savoury to the taste.

Two kinds of aspic jelly should, therefore, be recorded: one of them—an exception to the rule as to the edibility of garnishes—for ornament only; the other made savoury with meat and vegetables, pleasant to the taste, and a decided assistance to the dish of which it forms a part. The former should be of a firmer consistence than the latter, because it may have to support the weight of a *poularde*, galantine, or other heavy *pièce montée*; also



because, when cut into *croûtons*, it must be quite firm, with clearly defined edges, and when chopped the pieces must not cling together. The following recipe may be followed for its production :

**Decorative aspic.**—Dissolve two-and-a-half ounces of gelatine in half a pint of warm water. Put a pint and a half of water into a stewpan, season with a dessert-spoonful of salt, and stir into it the finely rasped zest (the coloured outer skin without pith) of a couple of limes ; set this over a fast fire, add the dissolved gelatine, and the lightly frothed whites of three eggs with their shells ; stir round with a whisk without ceasing, adding enough caramel (Parisian essence) to give the water the colour of a light clear soup. When the first indications of boiling are observed lower the fire, or draw back the vessel, and reduce the cooking to the gentlest form of simmering for ten minutes. While this is going on scald a piece of clean flannel, arrange it as for soup-straining with a bowl below it, and pour the liquid from the stewpan into it very gently, so as not to disturb the scum and sediment. If not very clear, the jelly must be melted and strained again through a freshly scalded flannel. This keeps well, as there is nothing in its composition liable to turn sour, as in the case of aspic made of broth flavoured with meat and vegetables, especially the latter.

NOTES.—(a) Wine, vinegar, and flavouring herbs are omitted in this recipe purposely. All that is wanted is a bright, clear, and firm decorative agent ; and it is obviously absurd to waste flavouring materials upon a decoction which is not intended to be eaten.

(b) The general rule regarding gelatine is that, to bring about the correct edible consistence, an ounce is required for a pint of liquid ; but this may vary slightly, and as there are now several gelatines in the market, some of

them stronger than others, experiment with the one used is necessary to settle the point. When ice is available, the process of setting is, of course, more rapid than in ordinary circumstances; but when removed from the influence of ice, as in a warm supper room, a jelly is apt to lose consistence. It is consequently unwise to reduce the amount of gelatine on account of having ice for the setting.

(c) I do not recommend the use of jelly bags because they are apt to become musty after very little use, the taint being quite disagreeable enough to ruin anything that may be passed through them. It is better to use pieces of flannel, which should be freshly boiled, cooled in cold water, wrung out, and dried in the open air after each operation. Neither soap nor soda should be used, and as soon as the slightest signs of taint are perceptible the flannel should be relegated to the scullery for scrubbing work. A jelly bag is not nearly so easily wrung out and dried as a plain square of flannel.

**Savoury aspic.**—For this a good clear broth should be allowed, made in the style of giblet broth, page 63. Allot an ounce of gelatine to each pint. Dissolve this, stir it into the broth, and clarify with meat as described for *bouillon*, adding during that process a dozen leaves of dried tarragon, a sherry glass of chablis, sauterne, or marsala (according to the dish for which it may be required) per quart, and sharpen *very moderately* with lemon juice or vinegar. As a rule, aspic jelly is spoilt with the excessive amount of acidity that is given to it.

**Aspic with vegetable broth.**—This is as nice as the foregoing, and particularly well adapted for moulding *mayonnaises* and cold cooked salads: Weigh and slice up in thin discs six ounces each of carrots, turnips, onions, and leeks; chop up one ounce of celery and the same of parsley. Put two ounces of butter into a stewpan, melt,

and stir in the whole of the vegetables. Fry over a fairly brisk fire, moving the contents of the pan about with a wooden spoon, and when they soften and begin to take colour reduce the heat under the vessel, and moisten with three pints of warm water. Now add a *bouquet garni* of marjoram, thyme, and bay leaf, and season with an ounce of salt, a teaspoonful of mignonette pepper, and a blade of mace. Bring slowly to the boil, skimming off all scum that may rise, and when clear let the broth simmer very gently for an hour, by which time the flavour of the vegetables will be extracted. Strain off the broth, gently pressing the moisture out of the vegetables into it, and let it get cold. Take off any butter that may now come to the surface, and test the broth for colour. If the frying has been properly managed there will be little needed, but if it be too faint a few drops of caramel or mushroom ketchup will give it the clear-soup tint required. By the time that the broth is strained off about a quart will remain—presuming, of course, that fast boiling was carefully avoided. Two ounces of dissolved gelatine will then be required. Put the cold broth into a very clean stewpan, mix into it the dissolved gelatine and the frothed whites of three eggs with their shells; stir this with a whisk over a fastish fire, adding a sherry glass of chablis, sauterne, or hock, and follow the previously given instructions in regard to the completion of the clarification, etc. No vinegar is required for this variety of aspic; the slight acidity of the white wine will give all that is needed in that respect.

NOTE.—If instead of water, the *cuisson* of beans or peas be used a still more sapid flavour will be produced, and the pods of young green peas cut into julienne-like strips, or shredded lettuce leaves, will improve it.

**Meat jelly.**—This is used to garnish the open surfaces of raised pies, and for several savoury cold dishes. It

need not have quite the crystal clearness of aspic, but it must be decidedly more indicative of the presence of meat, game, or fowl in its composition than is generally the case with that preparation. A very firm consistence is not necessary, and if giblets, crushed bones of fowls or game, calf's feet, ox heels, or sheep's trotters are used in its making, gelatine can be dispensed with. The giblet broth, page 63, made with two extra sheep's feet, slightly reduced by boiling, and well clarified with meat, will yield a very good meat jelly, and four ounces per quart of minced lean uncooked ham or gammon of Wiltshire bacon may be cooked with the other ingredients to produce a richer savouriness.

**Jelly for game pies.**---For this a broth as above will do, but game giblets and carcasses must be used to produce a distinct flavour. When game is plentiful a bird or two might well be spared to add to this.

**To line a mould with jelly.**—Having prepared a pint of aspic according to the advice given for the edible kind, bury the mould you have selected for use in ice. It must be very cold. The aspic must be cool but fluid. When it is cold enough take out the mould, hold it in the left hand wrapped in a wet cloth dipped in iced water, pour in a little of the jelly and turn the mould about so that it may flow over its cold surface and set upon it; let the mould rest in ice for about ten minutes, then repeat the additions of the jelly till the whole of the inside of the mould is coated with a lining a quarter of an inch thick. The lined mould should be kept in ice till it is wanted. The jelly must be kept in a fluid condition throughout the process, for if beginning to set the lining will be uneven and lumpy.

NOTE.—(a) As in hot weather decoctions of meat and vegetables are apt to turn sour, it is a wise plan never to

make more aspic or meat jelly than may be actually wanted. In pies and mouldings a little goes a long way, and a careful cook will be able to judge without much difficulty what quantity will be needed.

(b) When the broth of which a savoury aspic is composed is naturally jellified when cold, less gelatine than the ounce to the pint should be allotted, according to judgment.

**Meat glaze.**—This is an indispensable medium for the proper finishing of cold dishes of the larger kind, such as galantines, boar's head, pressed beef, spiced beef, etc., etc. It is exported, of course, in a solidified state in tins by the Army and Navy Stores, and, no doubt, by other preserved provision merchants. This only requires melting in a saucepan plunged into a larger one containing boiling water. Its proper colour should be a warm cigar brown, without a shade of blackness about it. Glaze can be made at home without difficulty, however, in this way. With giblets, trimmings of uncooked meat, crushed kid or poultry bones, a sheep's head or feet and vegetables make as good a broth as you can, free it from fat, and clarify it. Strain and cool it. Then proceed to boil it down, watching and stirring it with unremitting attention. When the liquid thickens, browns, and assumes the consistence of ordinary sauce, coating the spoon slightly when it is lifted out of it, the glaze is ready: pour it off into a jam-pot, and when cold it will solidify. A quart will yield a good gill of glaze.

The application of glaze is often overdone and clumsy. A thick coating of it is unnecessary, while tinting it with red is preposterous. The process can be best compared with varnishing, and all that is needed is to melt the glaze by putting the pot containing it into the bain-marie pan, or in a sautépan with hot water up to a third of its depth, and heat it gradually. Then, having the piece of

meat neatly trimmed and cold, to apply the melted glaze with a rather stiff glazing brush—a pastry brush is too long in the bristles. The appearance to aim at is a clear glistening surface, as I have said, like that produced by varnish, not a heavy opaque smearing. Let the first application set thoroughly in the ice-box, and then give it another layer of varnish. The colder the surface of the meat, the quicker the glaze will set.

**Game glaze**, for use with dishes composed of game, is made exactly like meat glaze, but with a game bones and giblets broth for its foundation.

**Fish glaze**.—Used to improve the appearance of blocks of cold seer or robâl, a fine grey mullet dished whole, cold *mousselines*, *boudins*, or *pains* of fish, etc., is produced by boiling down a gelatinous broth made of white fish cuttings and vegetables. For this take three-and-a-half pounds of pomfret, whiting, seer, robâl, or sole bones and cuttings; heads of seer and robâl especially good. Chop them up small, put them into a stewpan. Cover with five pints of water and a pint of chablis, sauterne, or hock, or omit the wine and substitute a gill of Orleans vinegar; bring slowly to the boil, skimming as in soup-making, and then put in four ounces each of turnip, carrot, and onions, one of celery, one of parsley cut quite small, a *bouquet garni*, and a seasoning of salt (one ounce), mignonette pepper (half ounce), and mace (quarter ounce). Boil up once after the addition of the vegetables, and then simmer for an hour-and-a-half. Now strain off the broth, cool it, take any fat or scum that may form on its surface, colour it with a few drops of caramel, and clarify with the whites and shells of four raw eggs. After clearing and straining this, boil it down to a glaze as in the case of meat glaze.

**Maskings**.—These are of two kinds, hot and cold; the latter may be described as gelatinated sauces white or

brown which are used for coating cold *entrées*, boiled turkeys, capons and fowls, boned quails, lark *ballotines*, cutlets, *médallions*, etc. They are met with in white and brown *chaud-froid* sauces, which, in other words, are masking sauces, and any sauce may thus be adapted by adding diluted aspic jelly to it in sufficient quantity to cause it to set upon the cold surface of the thing which has to be masked. The proportions should be two table-spoonsful of chopped stiff aspic jelly to three gills of hot sauce. Stir until the jelly liquefies, cool, and use before setting actually commences, for, in that condition, the masking becomes lumpy.

Small things, like cutlets, *médallions*, and *ballotines* are better when dipped into the masking, being held on the point of a skewer during the operation; pieces of bird for a *chaud-froid* should be dipped in like manner. After dipping, lay the coated morsels out on a very cold joint-dish over ice to set the masking, and, when this is satisfactory, detach them with a palette knife, trimming off any superfluous masking which may have spread upon the dish. Masking trimmings can be melted again, and used as may be required.

Pink masking for fish cutlets can be made with a well made cream of prawns or whiting tinted with tomato juice and gelatinated. Green and ordinary *mayonnaise* sauces may be given a like consistence with liquid aspic stirred into them by degrees when it is cool, but not quite setting, and used to mask pieces of chicken or fish for *mayonnaise* garnishes, and thin *purées* of asparagus, peas, or spinach may be converted into maskings in the same manner.

Brown masking is produced with Espagnole sauce, to which aspic in the proportions just given has been added.

NOTE.—If there happen to be no aspic at hand, dissolved gelatine can be stirred into a hot sauce over the fire until

thoroughly blended with it ; half an ounce to a pint will be found sufficient to convert it into masking. Cool and use when this is nearly setting, as already mentioned.

**Hot maskings** are made with either white or brown sauce as the case may be reduced by boiling until the spoon, when lifted from it, is coated with a film of sauce at least an eighth of inch thick.

**Tomato garnish.**—It is necessary to choose ripe tomatoes for this, of a rich deep colour. Weigh a pound-and-a-half of them, wipe them and pick out their stalks ; then cut them up, skin, seeds, juice and all. Soak an ounce of gelatine in a little water. Put half an ounce of butter into an earthenware or enamelled stewpan, melt this over a moderate fire, and add to it a teaspoonful of finely minced shallot or mild onion ; fry till turning yellow and then put in the tomatoes, stir round with a wooden spoon, and continue the frying, seasoning with a teaspoonful of salt, a saltspoonful of white pepper, half one of mace, and a saltspoonful of powdered dried basil. Before long the tomatoes will soften to a pulp rather thin than thick, stir into this the dissolved gelatine, and simmer, stirring well until the whole contents of the pan are mixed together. Next skim carefully and empty the contents of the stewpan upon the surface of a freshly scalded hair sieve and pass the tomato pulp through it, catching up skin, seeds, onion atoms, etc. Pour this liquid into a flat dish one-third of an inch deep, set it in a cold place or over ice, and you will get an opaque but brightly coloured solidified savoury *purée* of tomatoes which cut into various shapes with fancy cutters, will be found very useful for garnishing purposes, savouries, etc., to be referred to hereafter.

**Custard à la royale.**—Break four yolks of eggs into a bowl, removing the germs ; mix into them a gill of clear



cold broth (taken from the stock pot), season with half a saltspoonful of salt, and strain. Butter a plain half-pint charlotte mould, pour in the mixture, and poach gently in this manner: Fold a sheet of kitchen paper in four and lay it at the bottom of a shallow stewpan; pour in sufficient water to reach half-way up the outside of the mould; put this over a brisk fire, and when boiling take it off, cool for a minute, put the mould into it upon the paper and replace it on the fire, allow the water to come to the boil again and then at once reduce the heat to simmering; cover the pan closely and carry on the cooking very gently for twenty-five or thirty minutes until the custard has become very stiff. Let it then get cool in the mould, turn it out, and use as may be directed.

**Vegetable custards à la royale** are made exactly in the same way, thus producing firm custards of various colours for the garnishes of certain cold dishes. The proportions should be: One gill of carefully made *purée* of vegetable, two gills of clear broth, three whole eggs mixed as for an omelette, seasoning of a saltspoonful of salt and a pinch of mace. Strain this through a hair sieve when mixed, put it into a plain charlotte mould well buttered, and poach gently until firmly set. Let it get cool in the mould before turning it out for garnishing purposes. The following will be found useful:

- (a) Globe artichoke or asparagus *purée à la royale*, pale green  
(assisted by a very little watercress or spinach greening).
- (b) Green pea *purée à la royale*, bright green.
- (c) Spinach do., dark green.
- (d) Carrot do., (outer part only) red.
- (e) Tomato do., scarlet.
- (f) { Turnip } do., white or cream.  
{ J. artichoke }
- (g) Mushroom do., brown.
- (h) Truffle do., black.

NOTE.—These custards may be improved with a dessert-

spoonful of cream, if liked, which should be stirred into the mixture before poaching it. They may be put in larger quantity in border moulds, set very firmly, and served with their hollow centres filled with various salads, *mayonnaises*, etc.

**Custards à la royale** form, of course, a favourite garnish for clear soups for which they are cut into various shapes : — *Consommé à la royale*, etc.

**Cheese custard à la royale.**—The proportions for this are a gill-and-a-half of milk, two whole eggs, a table-spoonful of cream, and seasoning of salt, white pepper, and mace. Strain this through a hair sieve, and add a tablespoonful of finely grated Parmesan cheese. Poach the mixture as already described.

**Anchovy custard à la royale.**—Proceed in the manner given for cheese custard, substituting a dessertspoonful of well-pounded fillets of anchovy for the cheese.

**Egg garnish.**—A very useful form of garnish is produced by the plain poaching of yolks and whites of eggs separately, thus obtaining a yellow and a white composition far more handy and neat for garnishing purposes than plain hard-boiled eggs. Most cooks know how often a hard-boiled egg cooks in a lop-sided manner, the yolk having scarcely any margin of white on one side and more than enough on the other. To form a neat little cup by removing the yolk is, in these circumstances, out of the question. The following process is accordingly recommended :

Break four eggs, putting the yolks into one basin and the whites into another. Mix well without beating, season with salt, white pepper, and mace, and give each a dessertspoonful of cream. Take a number of *bouchée* cup-moulds one inch and five-eighths in diameter, butter them, fill them three-quarters full with the mixture, and poach as in the case of custard *à la royale*, very gently.

When the egg mixtures have set, let them get cool in their moulds, and use for garnish as may be required. Out of the moulded whites hollows can be scooped, thus forming perfect half-egg sized cups for the reception of *farce* or *purée* of any kind. If required for rings or small fancy shapes for garnish, the mixtures can be poached in well buttered flat fire-proof china gratin dishes, into which they should be poured a quarter or three-eighths of an inch deep. The poaching must be conducted very gently indeed; if it be done too fast, the mixture will rise in waves and undulations out of which it is difficult to cut nice patterns of any kind.

NOTES.—(1) A *sauté-pan* with a cover does very well for poaching these little moulds, only about three-quarters of an inch depth of water being enough for the operation. It is on account of the handiness of the *sauté-pan* for small jobs of this kind that I always advise the provision of common block-tin *dome* topped covers for them, thus converting them into shallow stewpans. The dome top permits of the steaming of a large-sized *dariole*.

(2) These small moulds and flat dishes of custard *à la royale* may also be cooked in a moderate oven. Lay a sheet of folded paper in a baking-tin, pour in water to the depth of a third of an inch, set the moulds on the paper, and bake gently until the custard sets firmly. Replenish the water as it evaporates with water at the same temperature. The surface of each little mould should be protected with a paper cover.

**Croustades for garnish.**—Weigh three ounces of the best flour, place it in a heap on a pastry slab, make a hollow in its centre and mix into it the yolk of a fresh egg; add an ounce-and-a-half of butter and the same weight of dry, well-powdered Parmesan cheese, knead lightly, getting the necessary moisture to form a lissom paste with about

a gill of cold water. Roll this out thin—not thicker than a rupee—and use for the linings of *bouchée* moulds, patty-pans, coquilles, *bâteaux* moulds, etc., with any of which an effective garnish can be produced. Butter the little moulds, lay in the paste, cutting it neatly round the rims of the moulds, prick the paste with a fork, and spread over the insides a lining of thin, wetted paper, fill the hollows with raw rice, and bake in a moderate oven. Let the moulds cool when they are done, then shake out the rice, remove the lining papers, and turn out the little croustades. Flour may be used instead of rice.

NOTES.—(1) It is advisable to defer the filling of pastry cases, whether for hot or cold service, until just before they are wanted. Any moist preparation, *purée*, or what-not will cause the paste of *croustades* to become sodden if left resting for any time in them.

(2) *Croustade* cases made as above may be kept for several days in empty biscuit tins, and thus be ready when wanted to meet an emergency

(3) If rolled out three-eighths of an inch thick and cut into strips, this paste makes excellent cheese straws, and, if stamped out in rounds an inch-and-a-half in diameter, very useful biscuits for savoury service, or garnish.

(4) The cheese may be omitted, in which case half-an-ounce of flour, extra, should be added.

**Turned olives.**—For this garnish the large Spanish olive is perhaps the best. Having wiped the olive dry, hold it in a cloth perpendicularly between the left thumb and first finger, and taking a sharp small-bladed knife with the right hand gently pass the blade round the top, feeling the stone but not quite completing the severance of the top; next pass the blade spirally down the olive, feeling the stone as you go, and then finish off the bottom

by a circular turn. If very carefully and slowly done, the result will be a stoneless curl of olive which will take its natural oval form again on being released. Put them now into a saucepan, cover with cold water, and heat up without boiling till quite hot, then drain and cool with cold water. In the centre of the curl where the stone was, a fillet of anchovy with a caper or two, or a piece of any savoury *farce* may now be inserted. Turned olives are constantly required for the garnish of dressed *mayonnaises*, fish in jelly, *salade Russe*, etc. Also with certain *entrées*, hot, especially *salmis* of game.

**Cucumber garnish.**—For this choose a cucumber not less than two inches in diameter when cut. Cut it into quarter-inch discs, spread these out on a pastry board, and with a one and three-quarter inch cutter stamp off the outer edge of each with the skin, obtaining a series of perfect discs of that diameter; then with an inch cutter stamp out the seeds in the centre exactly of each disc. You will now have a number of rings of cucumber three-eighths of an inch wide, a quarter of an inch thick, and one and three-quarters of an inch across. Next choose an earthenware casserole or enamelled stewpan, put into it about a pint-and-a-half of water seasoned with salt, and a half-ounce pat of butter; bring to the boil, and then slip in the rings of cucumber; boil fast until the rings are tender but by no means soft, then drain them off, spreading them out on a joint dish to get cold. They will be of a pretty pale pistachio-green colour.

**NOTE.**—It need scarcely be added that nicely trimmed fillets of cucumber can be cooked in the same way if rings happen not to suit the scheme of decoration. These of course, are suitable for hot as well as for cold dishes.

**Garnish of concombres farcis.**—Another form of garnish of cucumber is produced as follows: Peel and

cut a fairly thick cucumber (say two-and-a-quarter inches in diameter when cut) into three-inch lengths; blanch these for seven minutes in boiling salted water, drain and cool them; when cold hollow out the centres of the lengths with a column cutter leaving a quarter inch margin, and fill them with any of the farce compositions given in Chapter XII, pressing the mixture gently home with a ruler. Now lay them in a *sauté*-pan, pour into this without disturbing them enough *boiling* water to moisten them half their depth; put over the fire, and when boiling comes on, draw back the pan, cover the surfaces with buttered paper, and fix on the lid, simmering very gently indeed to set the farce. When the cucumber is done, let the pieces get cold in the broth, then take them out of the pan with a slice, and lay them out upon a joint dish, sub-dividing them into half inch lengths. For cold garnish these need only be slightly glazed. For a hot garnish warm them up again in the broth, drain, and brush them over with hot glaze.

Recipes for various vegetable garnishes will be found in the chapter reserved for vegetable cookery.

**Socles or stands for entrées.**—Stands or platforms upon which *entrées* can be tastefully arranged are required whenever finish is sought for. They are not intended to be eaten, their object being merely to raise a decorated mould or *entrée* above the level of the dish upon which it is placed.

I have already spoken of a preparation of stiff aspic jelly which can be used for this purpose, but there are other methods which must be explained :

(a) **Rice socle.**—Put a pound of rice into two quarts of warm water and simmer gently until it is quite soft. Drain off the water, put the hot rice into a mortar and

pound it to a smooth paste. Turn this out still hot upon a pastry slab and knead it; when pliant, this may be set in moulds or shaped with a couple of wooden spoons and trimmed neatly with a sharp knife. Put the socles into the ice-box to set, and for cold *entrées* finish them by spreading butter over their surfaces or masking them with one of the maskings already given. For hot service brush the cold socle over with beaten egg and set it in the oven to colour nicely.

NOTE.—If the pounded rice be rolled out like a thick rope warm, a border shape can be made by bringing the ends together, and patting this to a circular or oval shape with two wooden spoons.

(b) **Wooden socle.**—Blocks of wood, oval or round, according to the shape of the dish to be used, and neatly covered with white paper, which should be pasted over them, are often used as a foundation, an edging of frilled paper being carried round them, or the border hidden by garnish.

(c) **Socles of fat** (*graisse à modeler*).—In this case a wooden stand is smothered with a preparation of fat made in the following manner. Take a pound and a half of the white mutton fat which surrounds the kidney; cut it up, picking out all skin and sinew. Steep this in cold water for a whole night, then drain it. Put it into a clean earthenware or enamelled stewpan, cover it, and place it over a very low fire, so that the fat may melt very gradually. When melted strain it through a hair sieve into a bowl; let it rest a few minutes, and then mix with it an equal weight of the best white lard; melt again, and strain again into a basin to cool. Whip the fat now with a whisk, and while thus in a pliant condition lay it over the surface of the wooden stand in this way: Spread a little of the fat upon a baking-sheet, fix the wooden stand

upon this, then commence the masking of the stand, smoothing the surface with a flat ruler dipped in hot water, as masons smooth cement. In this way a perfectly smooth block is obtained with the appearance of alabaster, which hardens by exposure to cold air. The ornamentation of these socles is often carried out very cleverly by specialists, who with a knife and other tools produce the effect of carved vases, cupolas with vine leaves in relief, etc., etc. The plain stand, with perhaps a fancy border, should be enough for all ordinary occasions. A smaller block of wood is sometimes placed in the centre of the larger one, and similarly coated with the fat. These upper pieces are generally in the form of pyramids, so that the cutlets, *galantines mignonnes*, etc., may be arranged against their sloping sides. When the wooden stands have been coated, smoothed, and decorated they must be detached from the baking-sheet by placing it over a bowl of boiling water to melt the fixing fat. On being thus taken off the sheets the stands should be placed in a refrigerator until required.

NOTE.—Imported lard being expensive, melted clarified suet or even composite candle may be substituted. The *socle* cannot by any chance be eaten for it is too hard to detach with a spoon in the process of helping the *entrée* it supports.







## CHAPTER IX.



### *Fish.*

WITH a market as fairly well supplied as that of Madras, English residents ought never to be at a loss for variety, or for scope to exercise their cook's ingenuity. Do they avail themselves, as they ought to do, of the many opportunities that they undoubtedly possess? I am afraid not: indeed it is probable that only a few appreciate the true value of this most excellent article of our daily food.

At the ordinary dinner party, the necessities of the case are generally met by boiled pomfret or seer fish, with a sauce, and a few slices of cucumber and beetroot, or a spoonful of salad served with each portion—the fish not always at its best, and the sauce flavoured by Messrs. Somebody's essence—for the *répertoire* of fish sauces within the reach of Ramasámy is limited.

I have never been able to trace the origin of the Madras custom of serving a portion of salad with a thick eggy dressing on the same plate with a slice of hot fish. To put salad on a hot plate is altogether wrong to begin with, while the association of salad with *hot* fish is a

mistake. The service of sliced cucumber with salmon is, I know, a common though erroneous practice in England. Delicately stewed fillets of cucumber, served hot, are much better. The proper time for presenting the salad is with the roast bird when it should be helped upon separate plates, and as cold as possible.

The practice at one time fashionable of garnishing boiled fish with *orlys*, *bouchées*, and *fritures* has been given up, but it is a commendable French custom to hand round plainly boiled potatoes, shaped neatly in oval form, with many dishes of fish.

Now, while admitting the merits of plainly cooked fish, I confess that for a dinner party I strongly advocate dishes of a more artistic nature. There are so many easy recipes for cooking fish nicely, that an effort to produce a little novelty in this feature of the *menu* can scarcely result in failure. Remember that though Madras fish supply is good enough, it lacks diversity; it is on this account particularly that I am anxious to direct the attention to a few easy ways of relieving the monotony which I have pointed out.

It may be urged that your fish is brought home from market too late in the evening for the successful accomplishment of studied effects, and perhaps your butler will take pains to thrust this objection before you. Regard such an excuse as a mere evasion, for, in point of fact, fish takes so short a time to dress thoroughly, that an hour should suffice for the most elaborate recipe.

Again, many people hesitate to offer their guests a dish of dressed fish, fearing that it may be considered too rich. This apprehension is groundless, for there are plain, as well as rich methods of varying this branch of cookery;

and, in composing your *menu*, you can always select one in harmony with the soup which precedes, and the dish which is to follow it. Thus: if your soup be of a thick creamy kind, and your first *entrée* (say) a *vol-au-vent*, let the fish be served *à la gelée* iced, and with *sauce ravigote* or *tartare*. But if you give a clear *consommé* delicately flavoured, and order an iced *entrée* to succeed the fish, you can indulge in “*pomfret à la Waleska*,” or seer “*à la Dieppoise*.” A thick soup, fish with a rich sauce, followed by an *entrée* with cream in its composition, would form, for instance, a combination of good things obviously inartistic in design, and one which few could enjoy with impunity.

If you follow the *code Français*, and present the *relevé* after the fish, you need have no apprehension with regard to the service of dressed fish, especially if it be preceded by a clear soup.



### On Boiling Fish.

After having thoroughly cleansed and wiped the fish, rub it with a cut lime, sprinkle it over with salt, and place it on the drainer of the fish-kettle, so that when done it may be lifted out without risk of breaking up. Put into the fish-kettle sufficient water to cover the fish, adding a tablespoonful of vinegar, and a dessertspoonful of salt per quart. Set this over the fire, and when signs of boiling appear, lower the drainer with the fish upon it into the kettle. This will check the boiling; let that temperature return, and then reduce the heat under the kettle to simmering point. If the fish be large and thick boiling may be allowed to continue for two or three minutes. Skim off all scum that rises, and take care

to remove the drainer with the fish upon it the moment the fish is done. Overboiled fish is nasty to eat and ugly to look upon : underdone fish is unfit for human food. It is generally laid down that ten minutes per pound may be allowed as a fair average of the time required for this operation, but so much depends upon the thickness of the fish that the cook should test it now and then with the point of a skewer, and as soon as the flesh parts easily from the bone let him decide that it is ready.

The old fashioned system of putting fish into *cold* water, and cooking it slowly, is a mistake, for such a method abstracts nearly all the nutritive value from it. Even the process of boiling just described takes some of this property from the fish. It is accordingly a manifest advantage to reduce the water in which the fish was boiled, and use this when making the sauce to accompany it.

Never let your fish, after it is done, remain soaking in the water in which it has been cooked ; drain it at once, or it will become sodden and tasteless. If ready too soon, let it rest on the drainer over the empty hot kettle, and cover it with a napkin. As a rule the Native cook dresses his fish far too soon, and by keeping it hot till required ruins it. Every effort should be made to teach him to *go by the clock*, and not put the fish on to cook till the hands show him that he has *just* time to do it nicely. These remarks apply with force to seer fish. If done too soon, and kept in the water, all the creaminess of the fish disappears.

If you have no fish-kettle, put your fish on a dish, tie a freshly scalded napkin round it, and cook it in an ordinary stewpan thus protected : you can then lift the dish out of

the pan when done, without spoiling the appearance of the fish. Be very particular in draining every drop of water from the fish before you serve it, or the sauce you send up with it will be ruined.

The leading French authors often recommend that fish should be cooked in a "*Court bouillon*." This is simply a vegetable broth, with a proportion of vinegar, *viz.* :—four ounces of carrots, four ounces of onions, one ounce of parsley, a tea-spoonful of thyme, a tea-spoonful of basil, one ounce of butter, and one ounce of salt. Stir over the fire in a stewpan, and add two quarts of water, with half a pint of vinegar; simmer for one hour, strain, and keep till required.

A mixture of white wine such as chablis, sauterne, or hock, and water, in equal parts, may be used instead of the vinegar and water. When using the *bouillon* bring it to boiling point, pour it round the fish that you wish to dress by its means, and simmer gently till it is done.

For fish cooked "*au bleu*" the preparation is exactly like *court bouillon*, red wine being substituted for white.

*Court bouillon à la Nantaise* is made of milk and water in equal parts, with salt and pepper seasoning.

But, as has been explained, boiling is the most wasteful process that can be applied to fish. For this reason—Sir Henry Thompson observes—*steaming* is far more economical, and ought to be substituted for boiling when fish is to be cooked by heated water only. For which process please see the directions given in Chapter XII.

Having given this question much consideration it occurred to me to adopt a different method altogether, whereby no waste could be caused, and the fish itself be given a better flavour. I call it :—

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### Poaching.

Remembering how the French housewife treats the meat from which she produces *bouillon* and *bouilli*, I cook fish in its own juices in a slightly different, yet similarly efficacious manner, the simplicity of which is shown in this recipe:—

Having procured a good sized pomfret. First carefully take the flesh off the bones on each side of the fish in two large fillets, and chop up the head, tail, dark skin, fins, and bones. The fillets may be divided in halves, making four pieces. Set them aside. Now put all the trimmings and bones into a stewpan with four ounces of onion, two ounces each of carrot and turnip, and an ounce of celery when in season, all sliced; a good bunch of parsley, a sprig of marjoram or thyme, a saltspoonful of mignonette pepper, and two of salt. Cover with cold water, bring slowly to the boil; then lower the fire, and simmer for half an hour, or until the vegetables are cooked. This having been done, strain off the broth.

A shallow pan must now be chosen— a shallow stewpan or a *sauté*-pan with an upright rim will do—into which the broth must be poured with a tablespoonful of vinegar. Set this on the fire, and when it boils put in the pieces of fish that you set aside. The boiling will be checked by this; when it comes on again lower the heat to simmering, and continue this very gently till the fish is done. Remove the pieces of fish now with a slice, and arrange them neatly on a buttered dish that will stand the oven (one of French fire-proof china, for instance), and cover them up while you proceed to thicken the broth in which they were cooked. When ready, pour this over the fillets, and shake over the whole surface a slight layer of finely grated Parmesan or Gruyère. This can best be

done through a small wire strainer. Next slip the dish into the oven, and let the surface take a light golden colour, when it can be taken out, laid upon a napkin on a larger dish, and served with a garnish, specially prepared, of neatly trimmed boiled potatoes arranged in a chain round the margin.

If you keep by you, for fish cookery, the remains of such wines as hock, chablis, or sauterne, a claret-glassful put into the broth with the fillets, when the cooking of the latter is commenced, will be found an improvement.

Thus we have the full value of the fish, no water, better flavour, and a really excellent sauce. Instead of cheese various flavourings can be given to the sauce with prawns, anchovies, capers, oysters, etc. Seer being of such a shape that you cannot well fillet it should be cut into *tranches*, *i.e.*, three-quarter inch slices, the broth being made from scraps of fish separately purchased.

### **Frying.**

The art of frying fish consists in being bountiful in the use of the medium which you employ for the process, and careful as to its temperature. The fish should be absolutely boiled in a bath of fat or oil, which should be first carefully tested so that you may be convinced that it is hot enough. "If your fat be not sufficiently heated," says the "G. C.," "the fish you want to fry, instead of being 'surprised' by it, will get soaked with it, and you will produce a flabby and greasy mess instead of a crisp appetising dish."

For fish-frying on a large scale, such as a sole entire, the wire basket is a valuable utensil, used, of course, in conjunction with the deep-sided frying kettle or *friture-pan*. Small fish like whiting, and small fillets, can be

fried in a smaller pan if deep enough, and drained with a perforated slice.

The confectioner's wire drainer advocated in Chapter II. will be found most useful for the proper draining and drying of fried fish before dishing it.

Fish either whole, or in fillets, when fried in the English fashion, is generally egged and bread-crumbed. The Italians, who excel in this branch of cookery, either flour their fish, or dip it in batter. Both methods are, to some tastes superior to the bread-crumbing process. If you use crumbs, see that they are stale, and well sifted; not the soft new coarsely granulated bread too often used, because Ramasámy will not look ahead, and rarely if ever keeps a bottled supply of stale, well prepared breading in hand. This should be prepared as follows:—Having crumbled some stale crumb of bread as small as you can in a napkin, set in a slack oven to dry, then pound in a mortar, and sift the crumbs through a stiff wire sieve. This is the *panure* of French cookery, nearly as fine as sooji. To apply it properly, first dust the fish with flour to dry its surface, then beat up one whole egg with a tea-spoonful of salad oil, and the same of water, and brush this over the fish like varnish. The fish should then be turned over and over in a napkin, containing the *panure*. This coating must *dry thoroughly* for half an hour, after which the process of egging and crumbing should be *repeated* and the drying again carried out. Unless well dried the crumbing will part company from the fish here and there in an unsightly manner. The *double* coating of fine crumbs gives the fish a very attractive appearance

For flouring:—dip the fish in milk, and then turn it over in a napkin containing some well dried flour. Recipes for frying batter will be found in the chapter reserved



for the discussion of that process of cookery. It ought not to be at all thick for fish frying.

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### Baking.

Under the head of baking we come to that very excellent method of treating fish known as "*au gratin*." In this way plain as well as fanciful dishes may be prepared, the principles in all being similar. The fish, to begin with, may either be whole, in fillets, or slices. The pie, or flat *gratin* dish, should be well buttered; minced prawns, anchovies, oysters, chopped mushrooms, with finely-minced parsley and shallot, marjoram, thyme, etc., are often used for the more elaborate compositions; while parsley, shallot, and butter alone with fine bread-crumbs suffice for plainer dishes.

A fish broth made as described for fish poaching, with or without a glass of any light white wine, like chablis, hock, or sauterne, should be gently poured round the dish when it is packed ready for the oven: but the liquid ought never to come up to the level, quite, of the top layer of the fish in the pie or *gratin* dish.

The surface is usually dredged over with crust raspings (*chapelure*), pounded and sifted as described for *panure*, or with grated Parmesan or Gruyère.

Fishes can be stuffed, and baked whole, a method particularly well suited to some fresh water fish, and a very nice way of cooking a Madras mullet, or a dish of whittings if of a good size.

The white fire-proof china baking dishes which are now to be got at all Stores in the China and Glass Department are most handy for cooking fish after this method, for it

should be noted that the fish should be served in the dish in which it is cooked without changing.

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### Stewing.

The leading principles of this method are :—to clean and prepare the fish in fillets or convenient pieces, and to set them aside while you make the best *fish* broth you can in the same way as for poaching. When this decoction is well flavoured, to strain and slightly thicken it, then to put the pieces of fish into it, and simmer them from twelve to fifteen minutes. The stew is then ready. You may serve it white or brown. In the latter case a little Parisian essence will be required, and the addition of some mushroom ketchup will be possible. If you keep it white and stir in the yolk of an egg, beaten up with a pat of butter and a little of the fish broth off the fire before serving, sharpening with lime juice and garnishing with small prawns, the dish will be *à la Calaisienne*.

Red wine (claret) is generally used for brown, and chablis or sauterne for white stews. If red wine be employed a tinned utensil must not be used on account of its turning the colour purplish.

The most celebrated preparation of stewed fish is the “*matelote*” concerning which directions are given in the chapter on Fresh water fish, equally applicable to sea fish.

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### Broiling.

Under this head we meet with a method of cooking fish specially nice for breakfast, and welcome at dinner for a change. Let a good cut of seer be divided into nice cutlets three-quarters of an inch thick : set them to *marinade*

for half an hour in salad oil, minced shallot, parsley, vinegar, a few whole pepper corns, and a little lime peel. Take them out, wrap them with the shallot, etc., in well-oiled papers, broil over a fast clear fire, and serve with Tartare, or a sharp sauce like *sauce Robert*. Take care that the bars of your grid-iron are well oiled, for they are apt to burn delicate morsels like fillets of fish *en papillotes*.

Fish, of fairly good size, can be roasted "*à la broche*." The method is recommended for mullet, and all fish whose shape adapts itself, as it were, to the spit. Stuff the fish, wrap it in oiled paper, tie it carefully to the spit, and baste continually with melted butter and white wine. Remove the paper before serving.

A good cut of large seer fish, say three or four pounds from the centre, may be similarly wrapped in paper and roasted on the spit. The paper must be well oiled and sprinkled over with chopped *finer herbes*. After having removed the paper, glaze the fish with Matelote sauce, and serve with some of the same in a boat.

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### Special forms of cooking Fish.

BOUILLABAISSÉ :—Take any sort of small fish, such as small pomfret, whittings, soles, mullets, or robùl,—the greater the variety the better,—altogether two pounds of mixed fish. Take the flesh off the fish, cutting it into neat fillets, and set them aside. Chop up all the bones, heads, tails, skin, etc.; also chop up four ounces of tomatoes freed from seeds, six ounces of onions, three ounces of carrot, one ounce of parsley, and half an ounce of celery; put all with the bones, etc., into a stewpan with a clove of garlic not cut, four cloves, a sprig of thyme, and two shallots (one ounce), adding a tablespoonful of salad oil,

a quarter of an ounce of salt, six peppercorns, two ounces of fresh capsicum sliced, and the finely peeled rind of a lime.

Cover with a quart of cold water, bring to the boil by degrees over a low fire, skim, and simmer gently for half an hour. During the simmering put in a heaped-up saltspoonful of powdered saffron. After the simmering strain off the broth, put it into a clean stewpan, bring it to the boil, slip in the fish fillets, with three moderate sized tomatoes sliced, and a good bunch of parsley roughly chopped; simmer till the fish is done, then empty all into a tureen which should be lined with sippets of bread that have been dried in the oven.

The *bouillabaisse* should be helped in soup plates, some of the fish, garnish, and broth in each, and be eaten with spoon and fork.

WATERZOOTJE—sometimes called ‘*souchy*’—may be described as the *bouillabaisse* of northern latitudes; it appertains to Flemish cookery, and is made exactly like *bouillabaisse* omitting the garlic, oil, saffron, and capsicum which are used in that semi-oriental southern dish. The backbone of both preparations is the “*bouillon très succulent*,” as Audot says, extracted from the *débris* of the fish and the vegetables which have been indicated, as a separate transaction. Where fish is plentiful and cheap this want is neither expensive nor difficult to supply: a few extra small fish can, of course, be added to strengthen the broth. These preparations are excellent for the hot weather, and, as they can be made altogether in an hour or so, give little trouble in the kitchen.

An excellent dish of fish, something in the style of the foregoing, is produced by *jugging*—i.e., the native cook’s way of cooking boiled chops, for which see Chapter XI.



## CHAPTER X.

### *Entrées.*

THE apprehension with which this part of the bill-of-fare is generally regarded is, I think, easily accounted for. There are, of course, various kinds of *entrées* many of which require materials and appliances not at every one's disposal in India, and many, owing to the ambiguous wording of cookery book receipts, seem equally impracticable.

Bearing these difficulties in mind my object will be, while confining myself strictly to local resources, to keep my directions as free from complexity and extravagance as possible. Since *Culinary Jottings* first appeared fashion in respect of food has changed, and the overwrought dishes of thirty years ago are no longer seen at the tables of connoisseurs. Simplicity is the chief characteristic now of the best work in *entrées*, with good sauces, and distinct flavouring.

To facilitate selection *entrées* may be divided into four classes in the following manner:—

In the first class such dishes as the tender mutton cutlet (neck chop), or delicate fillet (undercut), grilled, fried, or stewed; *noisettes*, *médallions*, and *epigrammes*: filets of beef, trimmed as *grenadins*, *tourne-dos*, and the

*Châteaubriand* or thick *steak-fillet* : fillets and *escalopes* of game, turkey, fowl, rabbit, or pigeon : *entrées* of meat, that is to say, plainly cooked, but neatly dished and accompanied by carefully selected sauces, really good garnishes, *purées* of vegetable, etc.

In the second, all compositions of meat requiring the mincing machine and the mortar, —such as *crèmes*, *cassollettes*, *croquettes*, *croustades*, *quenelles*, *boudins*, *pains*, *timbales*, *rissolettes* and mixed ingredients *en caisses*.

In the third, the *suprême*, *vol-au-vent*, *mousseline chaude*, *cromisqui* the artistic *ragoût* or *salmis*, and any *entrée* out of the other classes when presented in a more expensive manner :—*À la Rossini*, *à la Chéron*, *à la Financière*, *à la Bordelaise*, *à la Périgueux*, and so on.

And in the fourth all preparations which can be served cold, such as the *mousseline froide*, *crème*, *chaud-froid*, *pain*, *ballotines*, truffled cutlets, etc., for in a hot climate an iced *entree* cannot fail to be attractive, whilst for providing contrast, and other reasons which I shall speak of presently, it is invaluable.

### Selection.

Selection must be governed by the sort of dinner to be given, the different items that compose the *menu*, and the capabilities of the cook. If there are two, for the sake of contrast one should be selected from class one, and the other from either class two, or three ; or an iced *entrée* with one from the first class.

I have already advised you never to attempt to give more than two *entrées*. I repeat the advice now, be your dinner a banquet for forty covers, or a party of eight

friends. Indeed if you present a really correct *relevé* to precede, and have a good *rôt* to follow it, *one* artistic *entrée* is, I am confident, ample at *any* dinner great or small. *Filets, grenadins, Châteaubriand, or côtelettes* may well take the place of the *relevé*. This is the plan I have adopted in the *Menus* for dinners of eight.

In deciding upon your *entrées* think of the amount of work your cook will have upon his hands at the critical time of serving them. The more he has to do *then*, the more likely will he be to make mistakes. Is it hardly fair to expect a cook to serve equally well two hot *entrées* demanding care up to the last moment? Select, therefore, for one of them something that can be prepared beforehand, and be easily heated when required, so that his attention need not be distracted from the other. On these grounds the iced *entrée* is a grand invention. It can be made *early* in the day, and be then set in the ice-box, ready to follow the fish or *relevé*, as the case may be, without delay, and the sauce can also be similarly treated.

Dishes that merely require heating up—*ragoûts, salmis, etc.*, are a great boon to a cook, for he can compose them during the afternoon, and keep them till within a few minutes of the time when they are wanted, with their sauces nice and hot in the *bain-marie* pan. But the unhappy man who has (say) to turn out a delicately grilled dish of cutlets with *kramouskys* to follow—independently of the rest of the dinner with adjuncts, etc., is scarcely to be envied.

The relationship of *entrées* with each other, or with the other dishes that compose the *menu* demands attention. Artists, in ordering dinners, go as far as to say that nothing should be repeated. You must not give, for instance, a *consommé de volaille*, and presently follow it with *croquettes de volaille*, or even fowl as a *rôt*. Mutton

appearing in an *entrée* must not be seen again in any form. Two white meats ought not to be introduced side by side. These maxims cannot always be carried out in India owing to the limited resources of the market; still, the principles should be kept in view, and acted upon whenever it is possible.

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### Class I.

Nothing can be more acceptable than a plain *entrée* composed of well cooked juicy little cutlets from a neck of mutton, on the sides of which the marks of the grid-iron are plainly visible, with a well chosen sauce and neat garnish. The grid-iron is invaluable: the cutlet comes to table full of gravy, yet not underdone; it has, to use a kitchen phrase, "seen the fire" (browned) in places, and is absolutely free from the grease which so often spoils a dish of chops cooked in the frying pan. For the little Club-dinner, this class of *entrée* is alway popular. Variety can always be obtained by changing the sauce, or the garnish.

The fillet of mutton is that strip of tender meat which runs down the inside of the saddle under the kidney. It is rarely of sufficient thickness to use for an *entrée*, but it is just the thing for an invalid, or one coming round after an illness.

*Noisettes*, *grenadins*, *médallions*, and *escalopes* are neatly trimmed round or lozenge-shaped pieces, without bone, cut thick out of the loin. They are cooked like cutlets.

The fillet of beef is the undercut of the sirloin, which the native butcher will cut out for you, whole, if you wish it. This yields *filets mignons*, *noisettes*, *tournedos*, etc., which are cut as may be directed. These may also be



produced as follows :—Buy a nice piece of the ribs of beef, and bone it, cutting out lengthways the good tender meat near the thick end of the joint, with any fat there may be attached to it. Bones, and flap, and trimmings can be added to the allowance of stock-meat, and the tender piece you have cut out will trim into capital small fillets *for entrées*, or cook whole as a *filet de bœuf piqué aux champignons*, *au purée d'oseille*, etc., as a *relevé*. *Filets mignons*, *noisettes*, etc., of beef should be cut at least an inch thick to retain their juiciness as much as possible.

Fillets of fowls and game are formed by taking off neatly the whole of the breast meat right down to the wing joint on each side ; this you can divide into fillets according to the size you require.

The hare and rabbit fillet is produced by cutting out the long strip of good meat which runs down either side of the backbone. Well larded with fat bacon, marinaded and braised or grilled, and served with *Bordelaise*, *Provençale*, *Thérèse*, or other good sauce a dish of these fillets is decidedly nice.

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### Marinade.

Whether your *entrée* be a fillet of beef or mutton, of fowl or of game, or the neck cutlet to which I have alluded ; and whether you intend to grill, to braise, or to fry it, you will find it vastly improved by being set *en marinade* from early morning until the time draws near for cooking it. As I shall use this word frequently in the *menus*, I will explain its meaning as applied to the process which I have mentioned.

The word *marinade*, as you all know, really means pickle, but for the purpose now being discussed it would

be better to describe it as a mixture, the component parts of which can be varied at pleasure, in which meat should be soaked for several hours before it is cooked. Its immediate effect is to preserve the outside of the meat which has "felt the knife" moist and juicy, to prevent its "turning," and to improve its flavour.

The common form of *marinade* for beef and mutton is composed of salad oil and vinegar in the proportion of four tablespoonsful of the former to one of the latter, with a two-ounce onion sliced, one clove of garlic (if approved) uncut, twelve whole peppers, a teaspoonful of salt, a couple of teaspoonsful of dried thyme or marjoram, a tablespoonful of minced parsley, and a strip or two of very finely pared lime peel. This mixture can be preserved for daily use, with slight additions from time to time, and the flavour can be modified by changing the sweet herbs, or withdrawing them.

A slight taste of game can be imparted to fillets of beef, and cutlets or *noisettes* of mutton by placing the trimmed meat in a *marinade* composed of a wineglass each of vinegar, port wine or claret, and mushroom ketchup in which a tablespoonful of red currant jelly has been dissolved, with a teaspoonful of "spiced pepper," some peppercorns, salt, a tablespoonful of chopped onion, and a dessertspoonful of marjoram and thyme blended. The fillets of an Indian hare are much improved if they are steeped all day in this *marinade*.

Game *marinade* strained should be used in the sauce if the meat be grilled, or cooked in the broth with it if it be stewed or braised.

*Marinade* need not be made in extravagant quantities. It should cover the bottom of the dish on which you place the meat, your object being gained by occasional turning,

and basting. When wanted, the cook should lift the meat from the dish, let it drain a minute or so, wipe it in a clean cloth and then proceed to business.

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### Trimming Cutlets.

A great deal depends upon the careful trimming of mutton cutlets:—First, saw off the chine bone, then the ends of the row of bones level, and cut off the outer flap; now take a very sharp knife, and divide the row of cutlets down to the bone with *one* clean decided cut between each of them, and, lastly, sever them one by one with a single stroke of the chopper. Next, lay them on your board, which should be slightly wetted, and give them a few strokes with your cutlet bat, trim them into shape, remove the gristle, and scrape off all the meat at the ends of the bones exposing an inch-and-a-half of them, and then place them in the *marinade*. It is a common mistake to cut cutlet too thin, the result being a dry leathery morsel. An inch or inch and a quarter is the smallest measurement possible to produce a good result. The flap, ends of bones, and trimmings which remain after preparing the cutlets should be used for broth. This will be useful for sauce, or for moistening a stew.

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### Larding Cutlets and Fillets.

For the process of larding, raw fat bacon of good quality is required. It must be as cold as possible to prevent it from breaking. For this ice must be used unless the weather is very cold. Cases containing variously sized needles are sold for this work, for as the lardoons or

threads of bacon vary in thickness according to the size of the thing to be larded, the needles are made accordingly. Choice of thickness is a matter of discretion, but uniformity of thickness must be carefully attended to. For a small operation it is best to cut three or four slices of bacon, a quarter-of-an-inch thick and two inches across, to set them in the ice box to get cold, then cut them into strips a quarter inch wide, *i.e.* :—the width of the thickness of the slice. Thus each strip will be of equal width and thickness, and if the measurement across be accurate, all the strips will be of equal length, *viz.*, two inches.

*To lard a cutlet.*—see that the meat is neatly cut, and thread a needle of a size suitable to the dimensions of the strips. Thrust the point of the needle into the meat, and, holding the latter firmly with the left hand, put in the needle and draw the thread of bacon *through* the meat leaving a piece of it outside on both sides. Go on with next threads at intervals of half-an-inch until the meat is nicely studded with bacon nails so to speak ; snip off the outside ends of the bacon with scissors, leaving a quarter-of-an-inch protruding. This method I have followed with success in the case of cutlets, *filets mignons*, *noisettes*, etc., calling it “larding *through*” to distinguish it from “larding *in and out*” which, better adapted to large pieces of meat, I shall speak of in another chapter.

Larding is specially valuable in the case of inferior meat, poorly fed poultry, the venison and hares of foreign countries, etc. It is for this reason continually recommended by professors of the French school, the traditions of which date from a time when the inferiority of the national meat supply demanded such assistance. The process is therefore peculiarly well adapted to the flesh and fowl of India, and for special occasions should be resorted to.

It should be noted that cutlets, etc., for *grilling* should not be larded because the excessive heat would dissolve the bacon.

### Cooking Cutlets and Fillets.

A cutlet or fillet to be grilled (*Côtelette grillée*) : Having been lifted out of the *marinade* and wiped, should be dipped at once in a little melted butter or salad oil, and broiled over a clear fire. See that the bars of the gridiron are perfectly clean and well lubricated. Do not turn a cutlet or fillet, while grilling it, with a fork; the prick causes the gravy to flow—use cutlet tongs. Put the piece of meat very near the fire to begin with, so that it may be seized and its juices preserved. This having been done the gridiron may be slightly raised. Four minutes on one side and three on the other should do the cutlets nicely.

Cutlets and fillets to be braised (*Côtelettes braisées*) : Choose a *sauté*-pan with an upright rim or a shallow stewpan : line it with two ounces each of minced carrots, turnips and onions, and half-an-ounce each of celery and parsley : lay the cutlets upon this bed and moisten with broth made from their trimmings in just sufficient quantity to come level with their surfaces without covering them : set the pan over the fire, bring to the boil once, and then let it simmer gently, closely covered up, till done. The whole success of braising depends upon the simmering. If, after this process has commenced, the cook carelessly allows the broth in the pan to come to the boil, the cutlets will be <sup>ruined</sup> ~~ruined~~ enough. Baste frequently during the stewing. It's a <sup>very</sup> ~~a~~ good thing to cover the contents of the stewpan with <sup>a</sup> ~~very~~ buttered paper, lest exposed pieces of meat be <sup>dis-</sup> ~~dis-~~coloured and dried.

When the cutlets are done take them out of the pan ; wipe, and lay them on a dish with another weighted with weights over them ; strain off the broth in which they were cooked ; remove all fat from its surface and reduce it one-third by fast boiling. When cold, release the cutlets, trim them neatly and warm them gently in the reduced broth, then take them out, brush them over with melted glaze, and dish them, converting the broth into a sauce by adding a flavouring sauce to it to the extent of one-third of its quantity as will be described in the *Menus*.

Cutlets and filets are, of course, also cooked in the *sauté-pan* (*Côtelettes sautées*). For this the fire must be brisk, so that the meat may retain its juices and become of a light golden colour. For six cutlets, one ounce of butter is enough. They must not overlap one another. Care must be taken that the butter does not burn. Four minutes on each side is the time given by Gouffé for a fillet of beef one-and-half inches thick. This requires care. When done, drain, lay cutlets on a very hot dish and cover them : stir half-an-ounce of flour into the butter in the *sauté-pan*, add half a pint of broth, bring to the boil, flavour as may be desired, strain through a strainer over the cutlets, and serve.

By frying (*Côtelettes frites*) it is understood that the operation is to be conducted in the frying-kettle or *friture-pan*, and that the cutlets, prepared with bread crumbs (*panées*), are virtually boiled in a bath of fat.

The process of bread crumbing a cutlet must be most carefully attended to. Follow exactly the directions given for crumbing fish. Be sure that the *panure* is finely pounded and sifted, that the cutlet is wiped perfectly dry and floured before the egging, and that the two crumbings

are allowed to dry thoroughly after each application. By taking this trouble you get an even surface as smooth as skin which does not retain the frying medium as a rough surface does. Cream cracker biscuit crumbs dried, pounded and sifted provide an excellent *panure*.

Amongst the crumbs may be sprinkled some finely powdered dried sweet herbs, and grated cheese is sometimes added with good effect. The frying should be conducted in *abundance* of boiling fat, the colour of the cutlets should be a *pale* golden brown, and they should be carefully drained on blotting paper before serving.

The directions given for breading cutlets are equally applicable to *épigrammes*, *croquettes*, etc.

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### Serving plain Entrées.

In speaking of these plain meat *entrées*, I said that they were always acceptable “*if served as hot as possible, with a well-made sauce, and an inviting garnish of vegetable.*” Now these conditions can scarcely be secured if they have to be arranged prettily in an *entrée* dish round a hollow mould of rice or a border of potato, with the garnish in the centre.

This tasteful arrangement takes a little time, meanwhile the cutlets or fillets are deteriorating. Better then is it to serve them at the side-table on very hot plates, and send each, with its allowance of garnish, straight to the table without any dishing up or handing round.

In any circumstances the *sauce* prepared for an *entrée* of cutlets or fillets must be sent round, piping hot, *in a boat*. If poured into an *entrée* dish round the cutlets, it makes them sodden, becomes lukewarm itself, and loses its effect entirely.

I shall have more to say on this subject at the end of the next chapter.

NOTE.—As attached to this class I think may be reckoned such dishes as the *fricassée*, *blanquette*, *ragôts* of sorts such as *navarin*, *haricot*, etc., and the *miroton*. Some of these can of course be raised to the third class by expensive adjuncts; take, for instance, the *ragôts à la financière* and *à la Reine* for the *vol-au-vent*, but in their plainer form may be presented successfully as *entrées* of less ambitious rank. Recipes will be found for them in the *Menus*.

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## Class II.

In class the second we come to those very useful *entrées* which may be called “made dishes,” for, for them, as I have said, the mincing machine and mortar must be employed. A *crème*, *pain*, or *mousseline*, or a dish of *croquettes*, *boudins*, *rissoles* or *quenelles* if nicely cooked, and served with a good sauce, a *purée*, a *macédoine de légumes*, or other appropriate garnish, is worthy of a place in any *menu*. The recipe must be carefully followed, and the utmost cleanliness is indispensable both in regard to the work and the utensils used for it.

Modern introductions in the way of culinary knick-knacks have done much to reduce work in regard to these *entrées*. The cook can now fall back upon pretty little china cases, cutlet and *quenelle* moulds, and moulds of all shapes and sizes, miniature *marmites* in fireproof china, little silver *casseroles*, silver and china scallop shells, etc., etc. Not only is much time saved by the use of these things but the dishes turned out by their means look far more finished and tasteful than was ever possible formerly.



*pamure* ; dry again and repeat the crumbing ; when dry fry in a bath of hot fat till of a golden brown colour and let them get cold. Then with a small sharp-pointed knife pick out the tops which you marked, and with a teaspoon pick out the paste inside the cases leaving a shell about a quarter-of-an-inch thick. Have ready a good hot mince, brush the cases with butter, heat them in the oven, fill them with the mince, put on the caps you picked off, garnish with fried parsley and serve on a dish paper.

**Potato Cassolettes.**—Boil two pounds weight of potatoes, drain, dry and pass them through a fine wire sieve : put the *purée* into a stewpan with two ounces of butter, stir well over a low fire to expel all moisture, adding three yolks and a seasoning of salt and mace ; when well mixed, turn the potato *purée* out upon a pastry slab, and with two spoons pat it into a ball of paste, then flatten this about the thickness of two inches. Let it get quite cold, then, using a two-inch cutter, press out of it little drums : these will be two inches deep and two inches in diameter. Mark out the tops as in the case of rice *cassolettes*, and finish them in the same manner

NOTE.—Accident is less likely to occur when scooping out the insides of *cassolettes* if the cook slip them into a little mould which fits them. He can then hold them in the mould with his left hand, and scoop them out with his right.

**Croustades.**—These can be made with bread or with paste. For the former, cut slices of stale crumb of bread an inch-and-a-half thick ; out of these press little drums with a two-inch cutter, and with an inch-and-a-half cutter press a circle half-an-inch deep in their tops ; then fry till golden, pick out the tops, and scoop out the hollows of the drums. These can be filled with mince, and served like *cassolettes*.

**Pastry Croustades.**—Roll out as thin as an anna piece a slab of croustade paste as described, page 106. Butter as many *bouchée* moulds as may be required, line them with the paste, prick this with a fork, fill the hollows with flour, and bake. As soon as done, take the moulds out of the oven, cool them, shake out the flour, and turn out the *croustades*. These little cups are very effective. They can be filled with any nice mince. In filling *croustades* of pastry, always defer the finishing till the moment of serving, keep the mince hot in a stewpan, and push the *croustades* cups into the oven to heat up too. If you fill the cases too soon the pastry becomes sodden with the sauce of the mince.

**Caisses.**—These are now of course made of fireproof china. A delicate mince, nicely flavoured, should be put into them just when the time comes for service, both mince and cases being kept hot until that moment separately.

**Coquilles** (scallop shells).—These, either in silver or china, can be used very effectively for the service of *ragoûts* and minces *gratinés*. That is to say, the shells buttered, filled with the mince, and dusted over with *chapelure*, are usually placed in the oven till their surfaces are nicely browned. They must not be allowed to dry up.

**Cromesquis.**—In this case a mince prepared exactly as for *croquettes* with a good sauce and set to get firm is divided into little portions, which, wrapped in thin slices of cooked fat bacon, fixed with white of egg, are dipped in thin batter and fried like *croquettes*; the process as to the batter and frying will be found in Chapter IX. Udder of veal and wafers are used for the wrappings in Europe, but as neither of them can be got in India I specify bacon as the best substitute.

**Crépinettes.**—The mince for these should be very

carefully made of chicken or game assisted by *foie gras*, and *truffles*. Properly speaking, portions of this should be wrapped in pig's caul, and then bread-crumbed and grilled over a low fire until of a nice colour. Thin slices of fat bacon may be substituted for the caul, and for domestic *crêpinettes* wrappers of very thin pancake can be used. In either case they may be cooked in the oven.

**Boudins and Quenelles** are made of forcemeat, recipes for which will be found in Chapter XII. They are both cooked by poaching in the manner described, page 142. Having been thus prepared they should be lifted out of the pan with a perforated slice and laid upon a clean cloth to drain thoroughly, being afterwards dished in whatever manner is mentioned in the recipe. The most effective method is to serve them in a silver dish liquefied with very clear *consommé*. The best I ever saw—chicken *quenelles* done to perfection—were dished in clear chicken *consommé*, and garnished with *pointes d'asperges*.

**Quenelles** are now poached in *quenelle* moulds, and *boudins* can also be cooked in little *dariole* moulds. In this way all the trouble and risk of shaping with spoons, trimming, etc., are overcome. After having been cooled a little and turned out of their moulds, both *boudins* and *quenelles* can be bread-crumbed and fried. They can also be "*fouurrées*," that is to say, some of their meat scooped out and a fine mince of truffles with ham or mushrooms put into the hollows, which are then closed with some of the meat which was taken out, and smoothed over with a palette knife, or the back of a spoon. This process of "packing" *quenelles* should be done before turning them out of their moulds.

**Timbales.**—There are two descriptions of these. One may be described as a rather thick pastry case containing a *ragoût* which may be composed of various things, and

served in the style of a *vot-au-vent*. Directions for lining the mould, and for the paste will be found in the chapter about pies, while recipes for a few *ragoûts* will be given in the *menus*. The other, sometimes called 'macaroni timbale,' is made in this way: Choose a plain round pint charlotte mould, butter it well with a brush dipped in lukewarm butter. Boil four ounces of spaghetti or small-piped macaroni for ten minutes, spread this out on a dish, and let it get cold; then, using a skewer for the purpose, begin to line the buttered mould. Cover the bottom first with rings of the macaroni like a serpent's coils, all touching, carry this on patiently round the sides as in a beehive until the whole mould is completely lined. The task merely requires patience. When it is completed, lay over this lining a coating of chicken forcemeat, half-an-inch thick, and fill the hollow centre with sliced *foie gras*, ham, tongue and chicken (as you put slices of cake into a mould for cabinet pudding), pour into this a couple of gills of *velouté* in which three raw yolks have been mixed, cover the top with more forcemeat, and steam the mould in the manner given for *crèmes*.

**Pain de volaille, Crème de volaille, and Mousseline de volaille**, are all closely related to each other. Preparations of the meat suitable for them will be found in the chapter on forcemeats, but, as a general rule, the proportions may be fixed as follows: for *pain de volaille* ten ounces of uncooked chicken meat, and five ounces of fat of cooked ham or bacon, well pounded in a mortar, diluted with two tablespoonsful of stiffly reduced *velouté* sauce (made from a broth extracted from the bones and trimmings), one whole egg and three yolks added one by one, the whole seasoned, and passed through a hair sieve. For *mousseline* or *crème* four tablespoonsful of stiffly whipped cream should be added to the mixture.

**Poaching au bain marie** is the process by which *timbales*, *pains*, *crèmes*, and *mousselines* are cooked: this should be done as follows:—

Choose a roomy stewpan with a closely fitting lid, lay at the bottom of it a wire trivet or a piece of paper folded in four, this is to act as a buffer between the bottom of the pan and the bottom of the mould, and to ensure an even distribution of the heat; set the mould or moulds upon the buffer, having covered their exposed ends with buttered paper; now, pour *boiling* water into the pan, carefully avoiding the moulds, in sufficient quantity to furnish a bath about half their depth. As the pan is cold, this operation will stop the boiling. Set the pan on the fire at once and allow boiling point to be reached again, then draw the vessel over a very low fire, or put it into a very gentle oven, cover it closely, and let the poaching continue as gently as possible until the moulds are set.

NOTES.--The chief points to note in respect of this process may be summarised as follows. Use *plain* charlotte cylinder, border, or *dariole* rather than fluted or ornamental moulds. Butter them well with butter in a semi-fluid condition, and use a brush for the operation. Put the mixture into the mould cold, or it will melt the butter lining and prevent the successful turning out of the mould when it is finished. Be sure that the mixture goes well home into the mould by tapping the latter rather sharply upon a folded cloth laid upon the table. Do not fill the mould full; leave a space for expansion in cooking. Cover the exposed end with buttered paper cut to fit it neatly. Regulate the heat very carefully, so that after boiling point has been reached the cooking may go on as slowly as possible. Lastly, allow the mould to settle for five minutes before attempting to turn out its contents.

It is a good plan after waiting for five minutes to place

the dish over the mould and reverse them thus bringing the latter uppermost, let it rest on the dish and be carried in that state to the dining-room. Here draw away the mould, gently releasing the *crème*, mask it with the reduced *velouté* prepared for it, and serve.

The mixture prescribed for *pains*, etc., can obviously be put into small moulds, each providing a portion, and be cooked exactly in the same way. For small operations the process can be conducted in a *sauté*-pan with an upright rim if it be provided with a dome-shaped block tin cover. Cutlets and *médallions*, for which special moulds are procurable, can thus be cooked in the necessarily shallow bath needed for them.

**Masking.**—This term is applied to the sauce with which a mould or a number of small moulds, *côtelettes*, or *médallions* are coated. For white masking a good *sauce blonde* or *velouté*, reduced until it coats the spoon when the latter is lifted from it, suffices; for brown masking Espagnole sauce reduced in the same way: see page 101.

Directions have now been given for the preparation of various “made” *entrées*. Recipes giving combinations, garnishes and sauces will be found in the *menus*.

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### Class III.

The *entrées* which I have mentioned as being suitable for consideration in this class are not often very successfully accomplished by cooks of ordinary attainments. They require the artistic hand and experience of a *chef*, and are really better left alone than attempted without proper appliances and materials. The best advice that can be given, I think, is this: Be contented with selections from Classes I and II, but pay particular attention

to materials, adjuncts, and sauces. See that the last are made on good strong foundations with the best butter procurable and the best flavouring your cook can extract from chickens, game, vegetables, etc., rather than ready-made sauces. Go to a little extra expense if the occasion be important by providing *foie gras au naturel*, *financière*, truffles, or *pâté de foie gras*. Sometimes a *pâté* of larks can be turned to a good account. These things should be employed more as aids than for service alone, though now and then the good old-fashioned iced *pâté* with *aspic* can be presented. Specimens of *entrées* assisted by French preserved accessories will be found in the *menus*.

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#### Class IV.

Unless the weather is really cold as it is during the cold season in Northern India, and on the Hills for certain months in the year, a refrigerator is absolutely necessary for the production of *cold entrées*, for unless they are really cold and their sauces also they are far from nice. With the assistance of ice there should be no difficulty about them.

*Pains*, *crèmes*, and *mousselines*, cooked as described for service hot, can be presented cold also. Let them get cold, then warm a little externally to loosen them in their moulds, turn out, set them in the refrigerator, and when cold mask them, garnish, and serve as may be required.

*Purées* of chicken and game may also be set by the aid of gelatine, as sweet creams are, in the following manner :—

**Crème de volaille** (with gelatine).—Lightly roast a young fowl. Cool it and remove all the meat from it. Put the carcase, all skin, trimmings, and giblets on a board, and having crushed them well, proceed in the way

given for giblet broth (page 63). Turn three gills of this to a good white sauce, with half-an-ounce of butter, and the same of flour, stirring in with it three-quarters of an ounce of gelatine. Now mince and pound the meat thoroughly with half its weight of fat of cooked ham or bacon, seasoning with salt and white pepper. Pass the *purée* into a bowl through a hair sieve, moisten it to the consistence of light batter with the sauce, adding a tablespoonful of cream. Put the mould in a basin of crushed ice and begin to pack it (a plain charlotte best) dotting about in the *purée* three tablespoonfuls of half-inch squares of *foie gras* and truffles, or cooked mushroom cut into dice. Let this stay in ice, and when required turn it out as you would a sweet cream, mask it with white, ivory, or fawn-coloured masking, set again over ice, garnish, and serve. For a plain cream the truffles and *foie gras* may be omitted.

**Pains, Crèmes and Mousselines** are also set in moulds lined with aspic for which process directions will be found in Chapter VIII, page 99. The mould having been lined, the *pain* or *crème* mixture is poured into it, it is then put into the refrigerator for setting, and turned out in the usual way when required for service.

Recipes for maskings and garnishes suitable for cold *entrées* will also be found in Chapter VIII.

The **Chaud-froid**.—A good *chaud-froid* of chicken might be described as a cold *suprême*, and one of game as a cold *salmis* or *ragoût*, with all the savoury flavour of the hot dish, seeing that they should be masked with the same sauce gelatinated. It is of course unnecessary to say that to effect this object no pains should be spared in the extraction of savoury essences or *fumets* from the carcasses, etc., and in the reduction of the sauces to concentrate their flavours. A *chaud-froid* can be composed either of fillets of chicken or game without bones, or of



the various parts of the bird cut up with their bones as for fricassée. I much prefer the former method. In the first place, it presents a less troublesome dish for those who have to eat it, and in the next, the bones can be turned to account in making the broth for the masking. One example will be sufficient.

**Chaud-froid de caneton.**—Roast a good duckling carefully, taking care to avoid overdoing it. Let it get cold. Now, take the meat off the breast, passing the knife close to the bone so as to keep it as whole as possible, detach the wings, thighs, and legs and remove the meat from them in the same way. Cut all the meat thus obtained into neat fillets of a fair size, taking off all skin. Lay the carcass, skin, bones of the legs, etc., on a chopping board and crush them as small as possible, sprinkle this with a glass of marsala, and lay it in a stewpan with an ounce-and-a-half of butter, all scraps and trimmings, three ounces each of onion and carrot, half an ounce of celery, and a teaspoonful seasoning mixture (*a*): fry for seven or eight minutes, then moisten with a pint of warm broth, adding a tablespoonful of mushroom ketchup, and go on exactly as described for giblet broth (page 63). When the full flavour has been extracted, strain the broth, skim it, and with a *roux* of half an ounce each of butter and flour and a few drops of Parisian essence, proceed to turn it into a brown sauce, stirring in half an ounce of dissolved gelatine; bring to the boil, skim, simmer, and pass this through a sieve into a bowl. When almost beginning to set, dip into it one by one the fillets of meat, using a skewer for the operation, and lay the coated pieces out on a roomy dish laid over ice. When all have set nicely, detach the fillets from the dish and arrange them in dome shape in the centre of an *entrée* dish, garnish this with good meat jelly, or broken-aspic as

a border, and keep it as cold as possible till wanted. Another simpler plan is to decorate a dome-shaped mould or bowl, to set it in ice, and pack it with the fillets in layers, setting each layer with the masking while in a liquid state. This renders unnecessary the process of masking the fillets independently.

NOTES.—In this way a *chaud-froid* of game may be made. If desired, cooked ham and tongue in strips, truffles, and cocks-combs may be introduced in the packing or among the layers. For chicken *chaud-froid* let the bird be boiled and set to get cold before cutting up, the masking being made as recommended for *poularde à l'ivoire*, given later on; the bones mashed to a pulp being cooked as just described in the *cuisson* to give it additional flavour. Wine is not required for chicken *chaud-froid*, but a little cream may be added to the masking, just at the end of the mixing, with the yolk of egg, which will give it an ivory tint.

**Ballotines** are little galantines of small birds, which are cross-tied before cooking in round shapes and pressed while hot after cooking so as to maintain that form. Chicken *ballotines* are made in this way: Prepare a completely boned full grown chicken as if for galantine, but do not fill it quite as full as you would were it to be required whole. Fold it in oblong shape, sew it up, and wrap it in a cloth as usual, securing the ends firmly; mark this off into three or four equal portions—according to the length of the roll—and at each mark, tie the roll tightly with tape, giving it the appearance somewhat of a chain of sausages. Each portion should be about two-and-a-half or three inches long. The compression of the tape will give them a round shape. Braise this in *mirepoix* or broth, and let it get quite cold in the broth. When quite cold, drain, untie, remove the cloth, and cut the portions

across where they were tied. Now trim and glaze the *ballotines*, and dish them in a circle in the manner suggested for the *chaud-froid*.

**Petites caisses.**—These make a useful sort of *entrée*, and are easily made in two or three ways. The nicest, perhaps, is that in which a whole or half cold galantine of a small bird, nicely masked, is set in a boat or kite-shaped china or paper case. Take, for example :

**Petites caisses de cailles à la gelée.**—Bone the quails fill them with stuffing No. 4, page 178, or with forcemeat No. 3, page 182, with or without minced truffles, as may be decided by the circumstances. Roll them up, wrap them in buttered papers, and tie them in shape with cross tapes. Line a shallow stewpan with thin slices of fat bacon, lay the little rolls upon this, and moisten level with their tops with hot broth from which the fat has not been removed ; bring this to the boil, then reduce the heat, cover the pan, and simmer very gently indeed for about fifteen minutes, when the birds will be done. Let them get cold in the broth. Now remove the wrappings, trim, and dip them into brown *chaud-froid* masking, flavoured with the *fumet* extracted from their bones. Let them set firmly, and finish by putting them either whole or in halves in the cases, decorating them with broken meat jelly, (page 98).

**Petites caisses de foie gras.**—In this instance *foie gras au naturel* and truffles, cut into half-inch squares, are set in the *caisses* with strong meat jelly over ice, and garnished with some of the same jelly broken.

NOTE.—Any nice coarse mince of game, chicken, tongue, ham, or sweetbread, with *foie gras* and truffles if liked, can be thus served, and the setting may be effected with brown *chaud-froid* sauce flavoured with game *fumet*.

**Coquilles.**—Like *caisses*, silver, or pretty china scallop shells may be used for savoury salpicons, with good *chaud-froid* or meat jelly settings and broken jelly garnish. As an example, however, of a slightly different method, take :

**Coquilles de volaille.**—Cut cold chicken or turkey into neat little squares, add one-third of its quantity of ham or tongue, similarly cut, and one quarter of cold cooked mushrooms ; put this into a bowl, season it with pepper and salt, and sprinkle it with a few drops of salad oil and herbs vinegar. Let this remain in a cold place until the time arrives for dishing, when stir into it sufficient mayonnaise sauce *à l'estragon* to moisten it. Arrange this in dome shape in the coquilles, mask with more of the mayonnaise, and sprinkle the surface with finely minced olives or capers.

NOTE.—Instead of mayonnaise a moistening of one of the cold Hollandaise sauces given in Chapter VII, pages 79 and 80, may be substituted.

**Cutlets and médaillons.**—These can be stamped out of slices of galantine or cold poached *farce à la crème*, (page 184) and dipped into *chaud-froid* masking, brown or white according to the meat chosen. When set in the manner explained for *chaud-froid*, they can be trimmed and dished prettily against a *socle* cut in the form of a pyramid, (page 111), garnished with neat aspic *croûtons*. *Médaillons* should be cut round or oval in shape, cutlets, of course, in cutlet shape.

NOTE.—Tender cutlets of mutton or lamb from the neck, *médarillons* of mutton, lamb, or fowl, *noisettes* or *fillets mignons* of beef or hare, if carefully prepared and cooked, make excellent cold *entrées* for the hot weather. They should be dished in flat dishes and set in *meat*

jelly, not aspic—just sufficient of the jelly to cover them. Prepare cutlets in this manner: lard them *through*, i.e., draw the bacon through the meat, not in and out of it, and snip off the ends, do the same with strips of cooked tongue, braise the cutlets gently in broth with vegetable trimmings and a glass of marsala; when done, drain them, lay them out on a joint dish, put another weighted with weights over them, and let them get cold. After this release them, trim them very neatly, cutting the bones off close to the meat, and glaze them with the broth in which they were cooked reduced by boiling; arrange them on a silver dish, set this on ice, and pour diluted savoury meat jelly over them in the quantity just mentioned. Garnish may be arranged and set with them, if liked, such as hard-boiled yolks, balls of green butter, cold cooked peas, cucumber fillets or *fonds d'artichaut*, turned olives, tomato buttons, (page 103) etc. The larding with bacon and tongue must not be omitted, and the meat jelly must be strong and savoury. Watery aspic would spoil the dish, and cutlets without larding would be dry.

**Quenelles, and Quenelles fourrées.**—See the directions given for forcemeats for quenelles, (pages 183, 184). Put the mixture that may be chosen into buttered quenelle moulds, and poach them gently till set. Permit them to get cold in the broth, then warm and turn them out of the moulds, mask as described for the fillets of duckling in the *chaud-froid*, and dish and garnish like *médallions*. For “*fourrées*” scoop out a hollow in each quenelle while it is hot and in its mould, fill this nearly with *D’Uxelles*, (page 92), minced *foie gras*, or truffles, moistened with warm meat glaze or diluted meat jelly, cover over with some of the quenelle meat which was extracted, smoothing it with a palette knife dipped in hot water; let the quenelle get cold, and finish as ordinary quenelles.

**Petits pâtés, bouchées, etc.** can be easily made by preparing a number of neat little cases by lining patty-pans, mince-pie pans, or *bouchée*-moulds with *croustade* paste as explained (page 106), and filling them when turned out of the moulds and cold with very savoury *salpicons* mixed with meat jelly and finished with a little garnish of broken jelly. Shell-fish shredded and moistened with jellied Hollandaise sauce can thus be utilised. Rolls of puff-paste enclosing any of the forcemeats given in pages 181, 182 and 183 in the manner of sausage rolls, make nice luncheon entrées.

**Boudins.**—These offer another way of using good forcemeat effectively: Butter a number of small darioles, line them with chicken forcemeat, leaving a little hollow in the centre for a teaspoonful of *pâté de foie gras* or minced truffles, with ham moistened with a spoonful of Madeira sauce; enclose this with more forcemeat, and poach the little moulds very gently; let them get cold in their moulds, then warm, turn them out, trim them, arrange them on a dish set over ice, and mask them or merely glaze them. These can be varied considerably by changing the forcemeat. Very nice fish *boudins* can be made by lining the moulds with fish forcemeat (page 183), and filling the hollows with a little creamy *purée* of prawns, crab, *lax*, sardines, anchovy, etc.

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### Notes regarding Cold Entrées.

The chief points to note in all these recipes for cold *entrées* is the absolute necessity of following accurately the instructions given for forcemeats, the extractions of essences or *fumets* to strengthen their flavours, and careful composition of maskings. Never use inferior so-called aspic jelly when *meat* jelly is mentioned. The best of

all jellies are those which, made on a strong foundation of sheep's feet and pounded bones, require no gelatine to set them. Moderate care in the use of the carcasses and giblets of birds, in the manner frequently directed, will yield this without expense. Avoid the modern error of making prettiness of greater importance than flavouring. Be chiefly concerned about having good savoury foundations for all things by *bond-fide cookery* to the exclusion of ready-made store sauces, colourings, etc., and be contented with neat, attractive garnishing without elaborate ornamentation.

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### Finishing entrées for service.

ORNAMENTATION :—Not very long ago a certain class of cooks at home went in for extreme exaggeration in this branch of their business. The consequence was that instead of adding to the attractiveness of their dishes they often succeeded in making them repellent. The fashion was never taken up by people of good taste, and the leading French artists laughed at it. You never see anything of the kind at the best restaurants patronized by society, or at the tables of connoisseurs.

Savoury cookery cannot be kept too distinct from sweet cookery, to which branch colourings, forcing bags, and piping appertain. Brown and white have always been the principal colours allowed in the former, with green produced by the juice of spinach and herbs, pink from tomato juice, pale yellow from yolks of eggs, and fawn colour by a delicate blending of brown with white. Any departure from these standard tints is to be condemned as puerile and unnecessary.

GARNISHING :—This is so important a subject that I have devoted a chapter to it. With many *relevés* and

*entrées* the garnish is as important a part of the combination as the sauce, and requires just as much care. The simpler it is the better, in order that its character may be clearly defined and recognisable. Conglomerations of good things are not necessarily nice, nor are they artistic. I once saw *fonds d'artichaut* in association with mushrooms, truffles, *pointes d'asperges*, and tomatoes! Any one of these alone would have been acceptable, but mixed together the effect was confusing, the special flavour of each thing was lost, and the result that *tripotage* of expensive delicacies which was condemned even in the early fifties by Count d'Orsay.

DISHING :—To look effective, *entrées* should be arranged well above the level of the silver dish upon which they are served. For this purpose *socles* or platforms are used (see the end of Chapter VIII). Having thus obtained a firm foundation, the *entrée* itself becomes, as it were, a superstructure erected upon the *socle*. Nothing looks more slovenly than an *entrée* arranged on the level of the dish itself.

But all the trouble of elaborate dishing can be saved by following the practice I have already advocated. Abolish handing round your dishes as much as you can, and not only will the service be brisker, and the food itself better, but the cook will thank the day that he has no longer to waste valuable time in building up an edifice the symmetry of which the first guest destroys







## CHAPTER XI.

### *Preparative Methods.*

#### **Butcher's Meat.**

**A**LTHOUGH a great deal of inferior meat is sold in the Indian market, I think that people who are willing to pay a good price, and whose servants are not unusually dishonest, can generally get fair beef and mutton at the larger stations of the Madras Presidency. At some places the beef is better than the mutton, and *vice versâ*, but I think that, if not too closely limited in respect of his prices, a butcher is generally to be found who can supply you with eatable meat.

Indeed the comparative scarcity of good meat is in a great measure due to ourselves. If the butchers were certain of sales at remunerative prices, they would produce a far better article than they do, but when people grumble at an extra anna charged on a seer of well-fed meat, you can scarcely expect much improvement. The expenses attending sheep-feeding are pretty well proved by the statistics of the old-established mutton clubs in the mofussil. The members, it is true, get capital meat, but it costs them, first and last, very nearly what it would in England. Native graziers can hardly be expected to turn out equally good mutton at a cheaper rate.

But let us set aside the joints that are to be got occasionally when a stall-fed ox has been slaughtered, or a gram-fed sheep cut up; and, excluding the exceptionally good meat of mutton clubs, let us take the average produce of the country,—the ordinary joint of beef or of mutton which is brought home for our daily meal from bazar—the diminutive sirloin, the ribs scarcely larger than the loin chops of a Leicestershire sheep, the three-and-a-half pound leg of mutton, or the poor little loin, and let us assume that the meat, though small, is fairly good,—what shall we do with it?

In a climate where it is impossible to keep cooked meat for many hours, the fact of a joint being small need hardly be considered a drawback, but we have before us the flesh of an immature ox or sheep, a good deal of bone in proportion to the meat, and very little fat. To plainly roast such a fragment is a mistake. The morsel can ill afford to lose the little gravy it possesses which the stab of the spit is bound to draw, and its moisture is easily exhausted, so that it comes to table dry and insipid even if tender. There can be no doubt, therefore, that the best way of cooking these little joints is to *braise* them. You thus obtain all the nourishment the meat can give, and a juicy and tender dish into the bargain.

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### Braising.

This admirable method of cookery is far too little practised. Its shortest definition may be given as follows:—To cook meat very slowly in broth with vegetables in a closed or partly closed pan, with gentle heat both below, and for part of the time above the vessel. For the

provision of the heat above, the lid of the vessel must have a high rim so that live charcoal may be placed upon it, but this may be omitted as will be explained later on. The meat is thus cooked in its own juice while it derives additional flavour from the vegetables and herbs associated with it.

To *brase* a little Indian joint from three-and-a-half to four pounds in weight in the simplest manner, the cook must first bone it, then trim it, tie it with a string in a neat shape, give it a dust of salt and pepper, and put it on one side. Next he must make the best broth he can from the bones which he cut out (well crushed) and the trimmings with any vegetable scraps there may be. This should be done first thing in the morning. Having obtained all that can be got from the bones, he should strain off the broth, and keep it hot while he carries out the following instructions: Melt two ounces of suet or fat at the bottom of a stewpan, and fry the meat briskly, turning it about now and then till it begins to take colour, then take it out of the pan at the bottom of which spread a layer of the following vegetables: Six ounces of onions, three ounces each of carrots and turnips, an ounce of celery, all cut up small, a dessertspoonful of chopped parsley and a teaspoonful each of dried marjoram and thyme in a muslin bag pepper, and salt: Replace the piece of meat on this bed, and moisten it with the warm broth just level with its surface, let this come slowly to the boil, then close the pan and simmer gently for about an hour and half. Turn the meat, add a couple of onions, and (says Gouffé) a gill of brandy, let the contents of the pan simmer for half an hour more,—keeping live coals on the lid during the latter part of the process,—and the *braising* will be complete. Lift out the joint, and keep it on a hot dish, whilst you strain off the broth remaining in the stewpan,—it will be

half the amount you originally" poured in, but much stronger,—and remove the fat from it. You can now send up the joint with the broth plainly poured round it, and use the vegetables, with which the meat was *braised*, as garnish in the form of *purée*.

This may be taken as an illustration of the system of *braising* in its entirety, of which, however, it should be explained there are variations. In some receipts the primary browning process is omitted and the application of the live coals on the lid limited to the last twenty minutes of the operation. Occasionally this top heat is altogether omitted, and sometimes the simmering is conducted with the vessel only three parts covered, those of beef and mutton with it closed. But these modifications do not affect the main principles of the system, which are slow simmering in a strong vegetable and meat broth, and the cooking of a piece of meat in its own juices.

The object of the application of top heat is to produce the effect of part roasting, and the browning of the upper part of the piece of meat. But whenever there is any difficulty about this on account of the want of a proper appliance the following plan is adopted: When the piece of meat is all but done it is taken out of the stewpan, and placed upon a baking dish: the broth is strained off and skimmed, and the meat having been pushed into the oven is basted continually with the broth till its cooking is completed.

In this manner you can successfully dress a leg of mutton, a loin or rolled shoulder of mutton, a piece of the ribs or flank of beef, in fact all small joints up to about six pounds. Larding with strips of fat bacon will improve the dish, especially when the meat is very lean; and if you can make some strong broth from any scraps of meat and bones, or if you can spare a little stock from the soup-

kettle, you need not bone the joint. In this case the vegetables, etc., may be boiled in the stock separately, and wine may be added to flavour it, the joint being cooked in the domestic *mirepoix* thus made.

Poultry, ducks, and geese, are far better *braised* than roasted, unless you keep a fowl-yard of your own, and feed and kill the birds at home. To *braise* poultry well, you must make the broth from the giblets, and trimmings of the birds, assisted by a little gravy-meat. See page 63. In fact all *braised* birds are better if you help the broth with a little extra meat. The French put in a glass or two of light white wine when *braising* poultry, and a glass of Madeira or Marsala with a like quantity of Harvey sauce is valuable in cooking mutton or beef in this method. A slice of bacon is very effective with all braised meat.

These notes on braising would be incomplete were I to pass over that standard dish of French domestic cookery, cooked according to this method, called :—

**Bœuf à la mode** :—As a rule both English and Native cooks apply this term to a joint of cold roast beef when it is warmed up as a *réchauffé*, and sent to table smothered with a thick sauce browned with burnt onion and surrounded by sodden vegetables. Now, *bœuf à la mode* is very far from being a *réchauffé*. On the contrary, it is a carefully selected piece of *fresh* meat scientifically stewed with vegetables. Its rich, self-made gravy is not thickened, and its garnish should be composed of vegetables separately trimmed and cooked for that purpose. \*

The following recipe adapted in the simplest way from *La Cuisine d'aujourd'hui* will be found well within the reach of the domestic cook :—

Take four pounds of best steak meat cut thick, or a

piece of top side ; cut it square and tie it neatly in shape. Melt three ounces of clarified suet in a stewpan, put this over a moderate fire, and stir the piece of meat about in it until it is nicely coloured ; now moisten with hot broth (as in the case of braised leg of mutton) level with its surface putting in with it four sheep's feet previously scalded and split in halves, ten ounces of onions, six each of carrots and turnips, a muslin bag of herbs, an ounce of celery, one of salt, and a dozen pepper corns ; let this come to the boil, and then reduce the heat below the vessel so that its contents may simmer very gently. Maintain this until the meat is tender—probably three hours if the fire is kept low—then remove the vessel, and drain off the broth, keeping the meat and vegetables hot in the hot pan closely covered. Take off all fat from the broth, and boil it fast to reduce it a little ; then untie trim and dish the meat, lay the pieces of feet and vegetables round it neatly, pour the broth over it, and serve.

In its more elaborate form *bœuf à la mode* is a rather more expensive dish. To begin with it is larded with bacon and then marinaded for six or eight hours, *i.e.*, covered with finely sliced onions, carrots and turnips, shredded parsley and celery, and moistened with a gill and a half of brandy. After this the process already described is followed, but at the time of adding the broth white wine is blended with it in half proportions together with the brandy and vegetables from the marinade. When two-thirds cooked (after two hours) the meat is lifted out of the vessel, the broth strained, and all fat removed ; a plentiful supply of trimmed carrots is put into the pan with the meat, and the broth poured into it level with the surface. In this condition simmering is continued for a further period of an hour with live coals on the lid.

A little consideration of the chief features of this process

will show that a modification of them is quite possible. The larding can be omitted, and the marinade reduced to a mere sprinkling of the meat with brandy, while half a pint of chablis, graves or hock might be added to the broth. Nevertheless, a very excellent dish can be produced without this assistance if the instructions as to very slow cooking are carried out, and the vegetables are properly allotted.

*A propos* of the vegetables used in braising : It generally happens that the vegetables braised with the meat are overdone, and not fit for any sort of garnish save in the form of *purée*. Accordingly, it is a good thing to trim in neat shapes and set aside a certain quantity of carrots, turnips, and onions, and use all the trimmings, well washed of course, in the cooking, separately braising the garnish during the last part of the operation, just allowing time for them to be nicely done. All vegetables that may be overdone will make a beautiful vegetable *purée* soup, because they will be very highly flavoured with the meat broth acquired in the braising.

It may often happen that, during the hot weather, at stations out of touch with the Hills, there may be a difficulty about vegetables. Onions, however, are always procurable, and, as they play the most important part in the operation, they can be used alone in times of scarcity with dried herbs in the muslin bag, and a couple of tablespoonfuls of dried *julienne* which produces a good deal of flavour.

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### *Roasting.*

Roasting in India is carried out on the spit, a process vastly superior to the oven-roasting so generally adopted

in English domestic kitchens. Whenever it is decided to roast a little joint, see that it is not actually spitted,—that is, *thrust through by the spit*. With a little care, a small Indian joint can easily be *tied to it*. By the use of a “cradle-spit” you obviate even this trouble. Do not let your cook use coarse wooden skewers, but make him tie a joint into a shape with tape, for every stab inflicted in it will rob the piece of meat of its juiciness.

Commence by putting the meat close to the coals for six or eight minutes to seal the surface, and secure the internal juices as much as possible. Then remove the piece of meat and wrap it up in paper well lubricated with melted fat; secure this in its place with tape or string, put the packed meat on the spit again, and proceed with the roasting at a moderate distance from the fire. It is essential to use an equal fire throughout the process, and to guard against cooking the joint too fast. Frequent basting is a *sine quâ non*. When the meat is nearly done, remove the paper and dredge a little flour over the meat to finish with, to produce a crisp, brown, frothy surface.

The French place their small joints in *marinade*, which I described fully in Chapter X, page 128. This process I strongly advocate for the poor meat of this country, when you intend to roast or grill it. Here is their method of cooking a loin of mutton *en papillote*:—Trim the loin nicely, and let it lie from morning till roasting time *en marinade*, composed of a breakfast-cupful of salad oil, a tablespoonful of vinegar, two onions and a carrot sliced fine as for *julienne*, with some whole peppers, salt, chopped parsley, and a teaspoonful of powdered dried sweet herbs. Let the joint be turned several times during the day, and baste it often. When to be dressed, pack it, with its vegetables and all, in a well oiled paper, tying it securely with tape. Tie it to the spit and roast it carefully,



basting it with the oil and vinegar that composed the *marinade*: when *nearly done*, remove the paper, brush off the vegetables, baste with melted butter, and serve, when nicely browned, with other vegetables independently cooked, and an appropriate sauce.

In roasting Indian poultry, lard the breast if possible with fat bacon, or tie a flap of bacon over it, and protect this with paper well lubricated with melted fat. Birds cannot be kept too moist when roasting. A large sweet onion, and a lump of preserved butter should be put inside the carcass of a fowl, and the basting should be carefully attended to. The slower the roasting the better. The paper and bacon tied over the breast should be removed during the last five minutes of the cooking, when the bird should be lightly dredged over with flour, and liberally basted with melted butter, to produce the brown, crisp, blisters, which always make a fowl look inviting.

If permitted to follow old customs, the ordinary Native cook will generally send in a little fowl—scarcely as large as an English chicken,—with its breast puffed out and distorted with a peculiar compound which he calls “stuffing.” This you carefully avoid eating because it is not nice and does not look inviting. But few put a stop to the practice under an impression perhaps that stuffing is necessary in roasting poultry.

There need be no uncertainty about this. The only birds that should be stuffed in the crop are turkeys, and exceptionally fine capons, recipes for which will be found in the next chapter.

It is necessary to refer to the method which obtains in cook rooms of removing the feathers from poultry, geese, ducks, and game. I cannot call it “plucking,” for, as many of you know, the feathers are got rid of by plunging the bird into scalding hot water! The immediate effect

of this ignorant habit is to harden and parch the skin of the fowl, to prevent the proper exudation and admission of moisture during roasting, and basting, and to render the flesh dry and tasteless. Birds must be plucked by hand, and their small down must be singed. To ensure this being done in your kitchen, order all birds to be brought for inspection when *trussed for cooking*, and the smallest experience will enable you to detect the parchment-like skin of the scalded bird, from that of the hand-plucked one, which will be cool and soft, with an unmistakable freshness which the other cannot have. A basket containing *the feathers* should also be shown, for *they* will expose scalding in a moment. It is needless to say, that poultry and game are ruthlessly spoiled by this trick of the kitchen.

I would also point out that the common way of killing poultry in this country is inhuman, and, in a culinary point of view, utterly wrong. Setting aside the cruelty of cutting a fowl's throat, and throwing it on the ground to bleed to death, what a palpable mistake it is to waste the very part of the bird from which its gravy, and juiciness are derived! I maintain, therefore, that a merciful, and instantaneous death, by a heavy blow from a wooden mallet, should be substituted for the ordinary method—the blow should be given on the back of the head.

There are still two bad practices to be noted to which Native cooks are prone. The first, is that of parboiling joints and poultry before roasting them: the second, is that of keeping joints, etc., far too long on the spit. As a rule, Ramasámy, heedless of the clock, commences operations much too soon, and then keeps the meat on the spit before a low fire until it is wanted, thus drying it up. Strict orders should be issued to prevent the first of these errors, and a table, showing the time that various joints

require in roasting properly, should be hung up in the kitchen to prevent the second.

If the spit be protected from draughts with a screen, and the fire evenly maintained, and sufficiently brisk for the operation in hand—

A large turkey,  $8\frac{1}{2}$  lbs. will take an hour and three-quarters.

A hen-turkey,  $3\frac{1}{2}$  lbs.       ,,   forty-five minutes.

A capon, 4 lbs.               ,,   fifty minutes.

A fowl, 3 lbs.                 ,,   half an hour.

A pigeon                     ,,   a quarter of an hour.

A duck                       ,,   twenty-five minutes.

A goose, 6 lbs.               ,,   an hour and a half.

A hare                       ,,   half an hour.

A partridge                 ,,   a quarter of an hour.

A snipe                      ,,   ten minutes.

A floricane or pheasant   ,,   half an hour.

A saddle of mutton, 7 lbs. , ,   an hour and a half.

A sirloin of beef       do. , ,   an hour and three-quarters.

A loin of pork, 3 lbs.       ,,   fifty minutes.

A loin of mutton, 3 lbs.   ,,   thirty-five minutes.

The rough calculation is generally fixed at from fifteen to twenty minutes per pound, but circumstances may modify even this computation: the age, quality, and condition of the meat, and the amount of heat that is brought to bear upon it. The rule of the eye is perhaps the safest, and when the cook *sees* that the meat is beginning to smoke he may be pretty sure that it is nearly if not quite done. Press the fleshiest parts with the finger (in the case of poultry and game the leg should be tested), and if it gives way to the pressure it is ready; if not, there will be some resistance to the finger.

### *Boiling.*

Boiling or the cooking of meat for the table in water may be divided into two heads: (a) the treatment of fresh meat, and (b) that of salt or cured meat. Now although it may seem paradoxical to say so, actual *boiling*, i.e., cooking at 212° F., has very little indeed to say to either of these methods. In point of fact the earnest endeavours of the cook should be exerted in each case to *prevent* boiling, save for the very short periods which will be fixed presently.

In the recipe for the production of *bouillon* we have seen how the boiling of meat should be conducted when the object is to extract its juices. We must now consider what has to be done in preparing boiled meat for the table in order to retain all the nutritive and sapid elements it possesses, and note where the two processes differ.



### **Boiling Fresh Meat.**

For the *pot-au-feu* it is necessary to put the meat and bones into cold water first,—alone: to let them macerate for some time, then to place the vessel containing them over a very low fire, and proceed as slowly as possible from cold to warm, warm to hot, and hot to boiling. To retard boiling by additions of cold water, skimming the scum that rises very carefully: when the surface is clear, and the water boiling, to add the vegetables, etc.; to reduce the heat below the vessel by drawing it to the edge of a low fire, and then to let the contents of the pot simmer for three or four hours. But for a piece of fresh boiled beef, a fowl, leg of mutton, or whatever it may be, destined for the dinner table, you must put the meat, tied neatly in the shape required with tapes, into *boiling* salted

water to begin with. After from five to seven minutes at this extreme temperature draw back the vessel and reduce the heat to simmering, adding a good allowance of vegetables, herbs, etc., as in *pot-au-feu* and continue the slow process till the joint is done. The high temperature at first is essential to seal up the surface of the meat by coagulating a thin layer of albumen over the whole of it thus retaining within it all its juices, and nutriment.

Boiled meat at the English dinner table is often spoiled by being "galloped," as cooks say, that is, done too fast. Meat thus maltreated cannot fail to be both badly done and tough. You must simmer your boiled leg of mutton, just as carefully as you would the meat of a *pot-au-feu*. As soon as the sealing up has been carried out, the temperature of the liquid in the vessel should not exceed 187°. Endeavour to obtain a uniform heat below the pot that will just keep its surface, as it were, *alive*. An occasional bubble, is what you want, with gentle motion, the water muttering to you, not jabbering and fussing, as it does when boiling. If you follow this process, you will never have to send a boiled leg of mutton away from the table because of its being too tough and too underdone inside to be fit to eat.

Remember that the *cuisson* or liquid in which a joint has been boiled, especially if the vegetables mentioned have been used, is good broth. If reduced by being boiled fast with the lid of the cooking vessel removed, it can be turned to account in many ways, especially for the masking of the joint itself. It can at the same time be used with propriety as a basis for celery, onion, turnip, or other *purée* to accompany the joint, or for soup.

Simmering a joint of meat is undoubtedly a troublesome process in India. The cook's attention must be kept up throughout the work. He cannot lift the pot to the hob,

or change its position on the range, as the English cook can so easily do. He must be ever watchful about his fire, and guard against there being too much, or too little firewood under his vessel. Those who possess ranges, or cooking stoves need have no apprehension on the subject. Their cooks can regulate the heat they want at will. But, with a common cookroom fireplace, the difficulty of maintaining the unvarying gentle heat so highly essential, appears to me to be very great.

During the boiling of a joint, the water should, at all times, be kept so as to cover it. If there be any loss by evaporation, it should be made good at once by the addition of hot water.

No matter what kind of meat you boil, you will find it improved by the addition of a few vegetables. Custom has ruled that we should put in carrots, and turnips, with boiled beef ; turnips, or sweet onions, with boiled mutton ; onions with a rabbit, etc., yet true cooks add a judicious assortment of vegetables and herbs, etc., to *every* boiled dish. A large sweet onion, some celery, a carrot, parsley, a spring of marjoram, or thyme, a little bag of flavouring materials such as a clove of garlic, a blade of mace, a few cloves, some whole peppers, and the peel of a lime, should always go into the pot with a boiling fowl.

**Blanc:**—To preserve the whiteness of a turkey poularde, capon or fowl French *chefs* use a clouded broth called *blanc*, a preparation equally good for cooking certain vegetables. For a turkey the following quantities will be found enough : Put four ounces of clarified suet or fat into a gallon of water with four ounces of sliced onions, an ounce and a half of salt, a muslin bag of herbs, a dozen pepper corns, a wineglass of vinegar, and enough flour dredged in by degrees to give the liquid the cloudy appearance of milk and water. The introduction of the

fat is necessary, for melted upon the surface it acts as a protective skin over the whole.

It is a very capital plan *to cook a fowl in the soup-stock*, for the soup gains all the fowl loses in the boiling, whilst the fowl derives richness and flavour by being done in the stock. One lot of vegetables and herbs suffices for both, and absolutely nothing is thrown away but the muslin bag which contained the spices, garlic, etc. The bird should be put into the stock pot at the moment when boiling has been allowed to take place, and the boiling should be maintained for five minutes after which the stock vegetables should be put in and simmering kept up till the fowl is done. Of course in this case the bird does not provide a broth out of which its sauce or masking can be prepared. Provision must therefore be made for that separately, or the stock-pot be taxed to meet the demand. The giblets of the bird may be used for this purpose as described for giblet broth, page 63.

Time in boiling fresh meat can scarcely be fixed definitely for so much depends upon the patience of the cook in respect of the simmering, and the temperature at which that process is conducted. An ordinary sized fowl should take not less than fifty minutes, and meat not less than twenty minutes per pound. Large and thick joints, such as rounds of beef, legs of mutton and of pork, will naturally require much more time than fowls, galantines, rabbits, etc.

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### Cooking Salt Meat.

The treatment of *salt* meat differs from that laid down for *fresh* meat inasmuch as it must be set on the fire to begin with in *cold* water and brought very slowly to the

boil over a low fire in order that it may be tender, and swell somewhat in the boiling.

Among 'cured' meats there is nothing more important than **the boiling of the ham**. So much depends on a complete knowledge of the process, that careful instructions must be given for it.

It is of course necessary to soak the ham for forty-eight hours, changing the water at least three times (I am speaking of hams exported in canvas, or skin, not of those in tins); when thus well soaked, scrub the ham well with a stiff brush and trim it, scraping off all discolorations. Now, place it in your ham-kettle and *cover* it with cold water, set it over a low fire, and let it come very gently to the boil, removing all scum that may rise. When quite clear and boiling, put in with it, all cleaned and cut up, the allowance of vegetables given for *pot-au-feu* page 38, but with a larger quantity of dried herbs flavouring (say a tablespoonful) in a muslin bag, and an uncut clove of garlic. The addition of all this cold stuff will throw the boiling back. Wait for it to come on again, then draw back the kettle so that only the *edge* of it is over a low fire and *simmer* gently for four or five hours. Half-an-hour per pound is a fair allowance to give if the simmering is properly managed. Test with a trussing needle, and when found tender lift the ham from the vessel, detach the outer skin (it will roll off easily) strain and skim the fat from the boilings, pour a bottle of Marsala into the ham-kettle, with a like measure of the skimmed boilings; place the ham therein and simmer over a very low fire for an hour, turning it now and then. Lastly take it out, dredge its surface over with very fine raspings, and serve.

This process as regards *the wine* is far more effective than the old one of putting in wine, cider, or beer, in the first instance. Marsala remember is quite as good as



Madeira for this purpose. If red wine be preferred a Beaune of ordinary quality, an Italian or Spanish claret, or an Australian Burgundy may be chosen; Grâves, chablis, or sauterne for white.

The old Indian custom of sticking a quantity of cloves into the skin of a ham was of course a mistake. The ham should either be dredged over as I have described, or, if wanted for a ball supper, wedding breakfast, luncheon party, or grand picnic, it should be glazed, a recipe for which process will be found at page 100.

For cold service: Lift the ham from the pan, place it in an earthenware or enamelled vessel, pour the wine and boilings over it, cover it, and let it lie in this, as in a marinade, for a night or a little longer in a refrigerator. Do not let it get cold in a metal vessel. The trimming and glazing should be carried out after this period of rest. Wine and boilings should be bottled, kept, and used again when required.

Follow the principles given in cooking a ham with regard to *all* salt meats,—especially the **hump** which well deserves the *after* simmering in Marsala, or any of the wines I have mentioned.

**Pressed Beef.**—A nice piece of brisket having been salted, and soaked if necessary, tie it in shape firmly with string, cook it in the manner just described, omitting the simmering in wine unless required for a special occasion. When it is done let the meat remain in the broth for a quarter-of-an-hour, then take it out, remove the strings that bound it, take out the bones, lay it on a joint dish, cover it with another dish with a few weights upon it, and leave it for a night in a cool larder, or, if the weather be very warm, in the refrigerator. The next morning it should be released, trimmed neatly with a very sharp

knife in a rectangular shape, and glazed as explained in Chapter VIII. It is a mistake to *over-press* these pieces of beef; no more weight should be used than enough to cause the meat to become firm and solid when it is cold.

### Steaming.

The process of **Steaming** has become familiar to many people in India on account of the introduction of Warren's cooking-pot, and vegetable steamer.

The term "steaming" is frequently applied not only to the Warren process, but also to the cooking of meat and vegetables placed in hermetically closing utensils, which, in turn, are plunged into larger vessels containing boiling water.

Warren's system needs no description, for detailed instructions accompany every vessel. Its chief recommendation consists in its simplicity and efficiency. Meat well braised may be said to be equally nutritious, for it is in like manner cooked in its own vapour and juices, and in the matter of fuel braising is certainly the less expensive method; but the careful regulation of the heat, etc., costs infinitely more trouble than the simple boiling of a Warren's pot. The one process requires the attention of a good cook, the other can be managed by anyone.

The practice of partly roasting a joint after it has been nearly cooked in a Warren's pot is not to be encouraged. The effect is never equal to actual roasting, whereas if served simply steamed and nicely masked, the piece of meat would seem, at all events, to have been very well boiled. A good cook ought, by the clever treatment of the good broth drawn from the meat, to be able to diversify

both the appearance and flavour of the joint, adding to its attractiveness by a tasteful garnish of macaroni or vegetables.

The utmost cleanliness is absolutely necessary in the use of Warren's pot.

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### Jugging.

Somewhat similar in treatment is the process of **jugging**. There is a dish cooked in this manner, which is familiar to every one in Southern India called by Ramasámy "*boiled chops*." It is really deserving of attention, for it is susceptible of improvement, and considerable development. A nice steak; a dish of neck cutlets; the blade bone of a shoulder, boned and flattened; a tender fowl, boned and flattened or cut up as for *fri-cassée*; rabbit, pigeons, game similarly prepared, and even fish, can thus be dressed very daintily.

I advocate the making of a vessel specially for "jugged" dishes, as follows:—An oval tin, ten inches in length, seven-and-a-half inches across, and three-and-a-half inches deep. The tin should have its upper edge turned outwards like the rim of a pie-dish, half an inch wide, so that a flat cover may be pasted closely to it, and it should have a ring at each end to serve for handles. The cover should be an oval sheet of tin slightly larger in its measurements than the interior of the tin itself.

*N.B.*—An excellent utensil for this species of cooking is to be found in one of the fireproof china *terrines* or pie-dishes procurable at all the London Stores in six sizes—oval and round.

Let us first take Ramasámy's **boiled chops**.—Choose a good neck of mutton, and trim the little chops as neatly

as possible. With the scrag end and the trimmings of meat and bone make a broth, assisted by four ounces of onions, vegetable trimmings, any scraps of beef, chicken bones, cold game, lean ham or bacon, in short any useful sundries. When done, skim, and strain it, you ought to have about three gills of it. Now, scald the tin and cool it in cold water, cover the bottom of the tin with slices of onion, carrot and turnip, arrange a layer of the chops thereon, covering them with a layer of sliced vegetables, then the remainder of the chops, and a layer of vegetables on the top. Roughly cut parsley and a few strips of celery should be put in with the layers and sliced tomatoes also. Pepper the chops pretty freely with freshly ground black pepper before covering them. When arranged, pour in the broth, and seal the lid of the tin, all round the rim, with stiff paste, fixing it securely. Now, put the tin into a fish kettle or large stewpan with sufficient boiling water to reach half way up its depth. Cover this vessel, and keep it on the fire boiling steadily for two hours. At the time of serving, the lid should be cut off, and the tin, wrapped in a napkin, should be placed upon an ordinary dish, and sent to table immediately—or the lid may be removed at the table as may be preferred.

Follow the same directions in “jugging” a steak, or a blade bone: in the case of the boned fowl, a little bacon, or some sliced bologna sausage, will be found an improvement, the broth being made, of course, from the bones and giblets. With game birds I would add a little marsala. “Spiced pepper” should be used with all of them.

Fish should be done in this way:—Trim the fish in fillets, season them with pepper and salt, cover the bottom of the tin with slices of Bombay onion and tomatoes,

sprinkle with a table-spoonful of coarsely cut parsley ; put a layer of fillets over this bed, and pepper them with spiced pepper ; put in now another layer of sliced onions and tomatoes, and another of fish fillets, sprinkle some roughly-chopped parsley over them, and a table-spoonful of sliced capsicums ; pour in three gills of broth made from the fish bones and trimmings, cover the tin closely, and boil in the same manner as described for chops but not longer than forty minutes.

The broth with these dishes is so savoury and nourishing and the meat so tender that I advise their being helped in soup plates and eaten with a spoon and fork. Especially the jugged fish which is really an excellent form of Waterzootjé. A glass of chablis, sauterne, or hock is of course an improvement ; it should be blended with the broth which is used to moisten the dish before cooking it.

NOTE.—Food prepared in this manner is specially suitable for children, and invalids.





## CHAPTER XII.

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### *Stuffings and Forcemeats.*

**G**REATER attention than is usually thought necessary in both English and Indian kitchens ought certainly to be paid to the preparation of Forcemeats and Stuffings. Our cooks adhere, as a rule, to certain standard stuffings for turkeys, geese, and ducks which appertain to national tradition, and have not been altered from time immemorial.

With *farce*—the forcemeat of the French school—they have at best a distant acquaintance. It is as well, I think, to deal with the two things in separate sections—first (a) **Stuffings**, of which the component parts are bread-crumbs, suet or its equivalent, herbs, and seasoning, with eggs to bind them; and then (b) **Forcemeats**, made of meats of various kinds pounded with butter or fat of ham or bacon, *panade*, flavourings of truffles, mushrooms, etc., seasoning, and eggs. The practice in most cookery books has been to use these terms without discrimination, which is misleading, for the procedure to be followed in preparing the latter compound is very different from that of the former. The chief thing to keep in view in respect of both is simplicity, to avoid mixtures of flavourings and complexity of ingredients, and not to overpower the thing stuffed with its stuffing.

### Stuffings.

It should be pointed out to begin with that for effective service these preparations must be firm ; that is to say, when the bird or piece of meat containing it is carved, the stuffing must be sufficiently set to be cut into neat slices with the meat. Nothing can be more slovenly and repellent than an oozing pulpy stuffing. To guard against this contingency eggs are introduced, and cannot be dispensed with. Bread-crumbs should be made of stale bread, finely grated ; suet (beef or mutton) should be fresh and chopped small ; butter may be substituted for it, or finely minced fat of cooked ham or bacon. If dried herbs are used they should be carefully picked, pounded in a mortar, and carefully sifted ; fresh herbs are better if scalded, dried in a cloth, and pounded. Seasoning was formerly very spicy but now the slightest trace of spice is considered sufficient. A very useful seasoning mixture is composed as follows :

(a) **Spiced pepper.**—Two ounces of mixed dried herbs carefully picked and pounded in a mortar to powder, half an ounce of mace in powder, and half an ounce of newly ground black pepper, mixed together and sifted. The best assortment for mixed herbs is made up of equal weights of marjoram, thyme, and rosemary.

(b) **Spiced salt.**—Mix one ounce of the above with three of salt.

(c) **Seasoning of pepper and salt.**—One ounce of finely ground black pepper to two of salt.

(d) **Oriental seasoning salt.**—Two ounces of coriander powder, a quarter of an ounce each of cardamom powder, cinnamon powder, and turmeric powder, with half an ounce of Nepaul pepper, to six ounces of salt.

**1. Ordinary herbs stuffing.**—This preparation is generally called “veal stuffing” by English cooks, not because veal is used in it, but because it is associated with roasted joints of veal. It is also used for stuffing hares and turkeys. Quantity depends, of course, on the size of the joint or the number of birds, the proportions being: To eight ounces of bread-crumbs allow four ounces of suet, one tablespoonful of powdered or pounded herbs, a salt-spoonful of mace, a teaspoonful of seasoning salt (*c*), and mix all together in a bowl with a wooden spoon, adding three whole eggs. This should be enough for a cock turkey, or a good-sized hare.

**NOTE.**—This stuffing can be made richer by allowing equal weight of suet, butter, ham fat, or bacon fat to the bread-crumbs, or two-thirds the weight of fat to the weight of crumbs. The flavouring herbs are usually parsley, marjoram, and thyme, and some like to add the grated zest of a lemon; but it will be found a good plan to vary the herbs. Parsley may be allowed to stand, for it yields a nice green, and is not too powerfully flavoured; but marjoram alone, or thyme, or rosemary (far too little known), or basil—all grown in India—may be taken in turn. When fresh herbs cannot be got the flavour can be communicated by a dessertspoonful of spiced pepper (*a*), which should be made in good quantity every now and then, and bottled for use.

**2. Goose and duck stuffing.**—The ordinary compound of domestic cookery books is often far too crude for refined taste, and being hardly ever bound with eggs, is generally a greasy mess when hot, and by no means presentable when cold. I have always recommended a stuffing of a much milder description than that usually laid down, and taken care to provide for its firm consistence: Choose about ten ounces of large Bellary or



Bombay onions when they are obtainable, or of the mildest kind in the market. Cut them up roughly, plunge them into boiling water, and boil for fifteen minutes. In another vessel scald ten sage leaves for five minutes in boiling water, drain, and dry them; also drain the onions at the end of the period fixed, press out the moisture from them, spread on a board with the sage leaves, and mince them together as finely as possible. Put the mince into a bowl with five ounces of dry, well-grated crumbs and two ounces of suet chopped small; mix well together, adding three whole eggs and a teaspoonful of seasoning (c).

3. **Cashu-nut and salted almond stuffing.**—Pass four ounces of either of these nuts through a grating machine now procurable in London (see page 11), or chop them as small as possible on a clean board. Put two ounces of butter into a *sauté*-pan, melt over a low fire, and then add the grated nuts, fry gently until turning a buff colour, then empty the contents of the pan into a mortar, and pound the butter and nuts with two ounces of cooked bacon fat to a *purée*; empty the mortar into a bowl, stir into the *purée* a dessertspoonful of cream, stiffen well with finely grated white crumbs, adding two whole eggs and a teaspoonful of seasoning (c). Use as may be desired.

4 **D'Uxelles for stuffing.**—Weigh four ounces of parsley and the same of mushrooms—preserved will do if fresh cannot be got—wash, drain, and dry these, and then mince them as finely as possible on a board; mince also an ounce-and-a-half of red shallots. Put two ounces of butter into a stewpan, set this on the fire, melt, stir in the mince, and a good saltspoonful of seasoning (c), fry over a brisk fire for five minutes, stirring with a wooden spoon. Empty the contents of the pan into a bowl.

5. **D'Uxelles stuffing.**—Add to the above three ounces of bread-crumb and one whole egg. Useful for filling boned pigeons, partridges, larks, quails, etc., the livers of which may be minced and added also.

6 **Dubois' stuffing for a duckling.**—Take the liver of the duckling and two chickens' livers. Cook these in a *sauté*-pan with an ounce-and-a-half of fat of ham or bacon. Empty the contents of the pan upon a dish, and, when cold, mince the liver and bacon or ham fat; put this into a bowl with the *D'Uxelles* just described, three ounces of bread-crumb, and one whole egg, add a little seasoning (*c*) if necessary, and use.

7. **Wyvern's stuffing for the insides of fowls or jungle fowls.**—Procure five ounces of lambs' livers, and with that of the bird itself, uncooked, make a coarse mince, mix a dessertspoonful of minced shallot with this, season with (*b*), and bind with a raw yolk. Cut half-a-dozen thin slices of cold cooked bacon, rather fat than lean, three inches-and-a-half long and two-and-a-half wide; lay these out on a board, brush over their upper surfaces with beaten egg, dust over that with seasoning (*b*), lay a tablespoonful of the minced liver on each, and roll up the bacon, enclosing it. These rolls should be left alone for half an hour to set, and then be pushed into the cavity of the bird through the vent, which should be sewn up afterwards before roasting. If the bird be rather small, smaller rolls must be made with dessertspoonsful of the minced liver. Very good for a guinea-fowl.

8. **Mushroom stuffing.**—Put six ounces of mushrooms with their trimmings, washed and minced, into a *sauté*-pan with two ounces of butter, fry six minutes, turn the contents of the pan into a bowl, add five ounces of finely

grated bread-crumb, a teaspoonful of seasoning (c), and one whole egg, mix, and use for partridges, quails, pigeons, etc.

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### Forcemeats.

**Panade.**—There are two methods of preparing this ingredient, one with ordinary flour or rice-flour, the other with bread-crumb.

**Panade with flour.**—Put a gill-and-a-half of broth or water into a stewpan with a quarter ounce pat of butter and a saltspoonful of salt. Set this on the fire and bring to the boil, then remove the pan and mix into the liquid as much dry, well-sifted flour or rice-flour as it will take up, making the additions by degrees; stir the paste thus obtained with a strong wooden spoon vigorously, and then replace the pan over a very low fire, working the paste unceasingly until the moisture is absorbed and the *panade* comes away from the sides of the pan. Empty it when in this condition into a bowl, cover it with a sheet of paper, and let it get cold. When completed *panade* should present the appearance of a ball of uncooked paste.

**Panade with bread-crumb.**—Put eight ounces of finely grated stale crumbs with a saltspoonful of salt into a bowl, moisten it with as much water or broth as it will absorb, put this into a stewpan, and carry out the process described for *panade* with flour, setting it aside to get cold in the same manner.

NOTES.—(1) *Panade* may be mixed with milk, but this, in the hot weather, may turn the forcemeat with which it is used sour. In any circumstances, the milk used should have been boiled beforehand.

(2) *Panade* is not used in very large quantities. Its proportion in respect of other ingredients may be taken as follows: To one pound of pounded meat ten ounces of *panade*, weighed after completion, the fatty element (butter, cooked bacon, or ham fat) being the same weight as the *panade*.

1. **Plain forcemeat for lining pie-dishes.**—This may be made of uncooked rabbit, pork, or fowl, or a mixture of these meats, carefully freed from sinew and skin, and passed through a mincing machine with an equal weight of ham or bacon fat. Season the meat well with spiced salt (*b*). The proportion should be an ounce and a quarter of this to a pound of lean and a pound of fat. Exactly half of these weights will be found sufficient for a raised pie made in an ordinary oval mould six-and-a-half inches long. Half a pound each of fowl meat, fat bacon, and tinned Oxford or Cambridge sausage meat seasoned with half an ounce of spiced pepper (*a*) makes a very useful pie lining. Remove the meat from the skins, mix, season, and use. Rabbit meat and the fat of bacon or ham made as described in equal weights and seasoned provide another good lining forcemeat.

2. **Liver forcemeat** (1) (*farce à gratin de foie*).—This preparation is generally used for the improvement of veal, chicken, game, pork, and rabbit forcemeats. It is very savoury and effective in such combination: Weigh, cut up, and free from sinew six ounces each of lamb's liver and fowl's livers. Mince finely three ounces each of onion and carrot, and if available the peelings and stems of half a pound of mushrooms which have been washed, dried; season this with a teaspoonful of spiced pepper (*a*), and the same of salt. Melt four ounces of fat bacon or ham fat in a *sauté*-pan; when melted put into it the minced vegetables and liver and fry all together over

a moderate fire, stirring during the process with a wooden spoon. When the liver and vegetables are softened and nicely coloured, take the pan from the fire and empty its contents into a bowl; when cold transfer the mixture to the mortar and pound it to a paste; pass this through a hair sieve and use in the manner mentioned to strengthen forcemeats for galantines, pies, etc. An allowance of about four ounces to the pound would give appreciable assistance. Half the quantities given would yield this.

**3. Liver forcemeat (2).**—In this case lamb's liver is used alone, cut up, and fried with an equal weight of fat of ham or bacon, finely minced shallot and parsley, and seasoning. When cooked and cooled it is pounded as in the former case, blended with a quarter of its weight of *panade*, and bound with egg. The following proportions may be fixed: Eight ounces each of liver and ham fat, a tablespoonful each of shallot and parsley, a teaspoonful of seasoning salt, and two ounces of *panade* with one whole egg. This makes a good forcemeat for pigeons, *ballotines*, quails, etc., and a lining for a *pain de foie gras*.

**4. Galantine forcemeat.**—The standard composition for galantines of poultry, veal, ducks, and geese is made up of plain forcemeat No. 1, well seasoned with seasoning mixture (a), and salt. Use powdered sage and salt for the two latter with mace, in this way: To each tablespoonful of salt allow a teaspoonful of the sage and a saltspoonful of mace. For **game** it is usual to take the coarser meat of hares (legs and thighs), or the same of other game, and an equal amount of fat of ham or bacon, to season highly with seasoning mixture (a), and blend with it a quarter of its volume of liver forcemeat No. 1.

NOTE.—These forcemeats, if passed through a fine cutting mincing machine, need not be pounded and

passed through a sieve. One whole egg to each pound of forcemeat mixture is certainly advisable in respect of galantines. The addition of a tablespoonful of well-flavoured sauce is an improvement.

5. **Fish forcemeat.**—This should be made of plain white fish, whiting, seer, pomfret, or sole, skinned and taken in fillets from the bones, uncooked. Pound this in a mortar, and for one pound of fish allow ten ounces of butter and ten ounces of *panade*; season with salt, mace, and pepper seasoning, and bind with two whole eggs. If additional moistening be desirable, a tablespoonful of *sauce blonde* (see page 61) made with a broth extracted from the bones and trimmings can be used.

6. **Fowl forcemeat** (*farce à quenelle de volaille*).—This to all intents and purposes can take the place of the elaborate ‘**Godiveau**’ of the old school. One pound of uncooked fowl meat should be substituted for the lean veal, freed from skin, sinew, etc., cut up, and passed through a fine cutting mincing machine and pounded to a paste in a mortar; to this ten ounces of *panade* added and well mixed and pounded; then ten ounces of butter or ham or bacon fat, pounded, all stirred well, and moistened one by one with four yolks of eggs, seasoned with a teaspoonful of seasoning (*b*), and then the whole passed through a hair sieve. To assist the passing a tablespoonful of cream or *velouté* sauce may be added.

NOTE.—With reference to *Farces à quenelle* it should be observed that it is necessary to pound the ingredients thoroughly and mix them vigorously. After having been passed through the sieve, the forcemeat should if possible be put into a bowl and stirred over ice for five or six minutes. It is always as well to test the consistency of

the mixture by poaching a small spoonful of it. If then found too slack a little *panade* can be added ; if too stiff a further moistening of *velouté* or cream.

7. **Game forcemeat** (*farce à quenelle de gibier*).—The only difference in this case is that game is substituted for fowl, and the mixture must be kept brown, such moistening as may be necessary being communicated by *Espagnole* sauce, flavoured with game *fumet* or essence. Cream must not be used.

8. **Forcemeat for creams** (*farces à la crème*).—These light compositions are used for such dishes as *mousselines* or *crèmes de volaille*, *crèmes de poisson*, etc., which may be either steamed or rendered firm with gelatine. For the former process take ten ounces of uncooked chicken meat and pound it thoroughly, adding to it in the mortar little by little five-and-a-half ounces of butter, fat of cooked ham, or bacon, two tablespoonsful of *béchamel* sauce, with one whole egg, and four yolks one by one ; season lightly with salt and white pepper, and pass the whole through a sieve into a bowl over ice. Stir it for a few minutes, and then mix into it two gills of whipped cream. Put the mixture into a mould, which should be liberally buttered, and steam according to directions given (page 142).

For the method of setting with gelatine see page 144.

NOTE.—It is always wise to test these *farces* before putting them into their mould for steaming, because eggs vary in size and in their power of giving consistence. If by poaching a small quantity of it be proved that the mixture is too soft, add a little *panade* and test again. It is evident that the lean of any white meat may be used exactly in the same manner—turkey, rabbit, pork, or a mixture of them.

Cooked meat, if thoroughly pounded and passed through

a hair sieve, may be used for these creams. Care should be exercised in flavouring them, for which reason I hesitate to recommend spice and high seasoning. The moistening sauce should be flavoured with mushrooms, and minced truffles are often scattered into the composition when it is being put into the mould ; small quarter-inch square pieces of *pâté de foie gras* or *foie gras au naturel* are in like manner often added just as raisins and cake are associated with a cabinet pudding.

The *velouté* sauce for the moistening of *mousselines* of white meat may also be used for their masking in the shape of *chaud-froid* glaze, and made on a foundation of broth extracted from the bones and *débris* of the bird of which the meat was taken for the *purée*. Similarly the maskings and moistening sauce for *mousselines* of game should be made from their bones, etc., with meat glaze, and turned into brown *chaud-froid* sauce for masking purposes.

With regard to ordinary *farces*, and *farces à quenelle* and *à la crème*, care should be taken not to have them too moist—"slack" is the kitchen term—accordingly, put in neither sauce nor cream until the eggs have been mixed with the *purée* ; it often happens that the eggs contribute enough liquid to bring the mixture to the right consistency. Correction can of course be made with *panade* or bread-crumb, but this rather reduces the flavour of the *crème*.







## CHAPTER XIII.

### *Vegetables (A.)*

**I**T is generally admitted that in India the European lives in a climate especially demanding vegetable diet. With the thermometer indicating 90° or thereabouts, plain animal food is not only distasteful to many, but absolutely unwholesome. We cannot, therefore, devote too much attention to this branch of cookery.

Let us consider what we have got under three heads:—

(a)—**ENGLISH VEGETABLES GROWN IN INDIA** :—Potatoes, green peas, cauliflowers, cabbages, spinach, artichokes (Jerusalem), and globe artichokes from the Hills, French beans, broad beans, carrots, parsnips, turnips, knolkhol, celery, marrows, cucumbers, tomatoes, lettuces, beetroot, endive, leeks, and onions.

(b)—**COUNTRY VEGETABLES** :—Brinjals, bandecai, various beans and numerous greens (which cook well as spinach), sorrel, moringa pods, small tomato or love apple, maize, (*mucka cholum*) country cucumber, pumpkins, red shallots, onions large and small, garlic, yams, and sweet potato.

(c)—**VEGETABLES PRESERVED IN TINS** :—For these of course it is only necessary to consult the lists of preserved vegetables published by any well-known Firm.

I have omitted asparagus, seakale, and salsify from my list under the first head, as those excellent vegetables

have not yet been cultivated by the gardeners of Bangalore, the Neilgherries or elsewhere in sufficient quantity to form a portion of the vegetable supply of our markets. For the benefit however, of such enterprising amateurs as may be able to grow them privately, I will mention how each should be treated by the cook hereafter.

**Potatoes:**—The potato being perhaps the most important vegetable in the estimation of Englishmen may be taken first.

Failure in cooking potatoes in the ordinary manner—by boiling—is often attributed to a wrong cause. We forget that they are capricious growers, and that the weather exercises a remarkable influence upon their condition. A crop will sometimes prove mealy, and light, for the table, and at other times waxy, and heavy. It is therefore obvious that we should find out the quality of the potatoes we get, before we give our orders regarding their treatment in the kitchen. We ought not to expect all potatoes to turn out equally floury as a matter of course, and blame the cook if he fail so to serve them.

There are fortunately so many ways of cooking potatoes that we need never be at a loss for a recipe. If nice and mealy we can, of course, boil, bake, or steam them,—the two latter methods for choice,—and serve them plainly.

In order to preserve its natural salt which contributes much to its flavour, a potato whether to be boiled, baked, or steamed, ought not to be peeled; if it be *very* old, you cannot avoid removing the skin perhaps, but, in a general way, a potato is far better cooked “in its jacket,” (*en robe de chambre*). When done, the skin can be removed, if you wish, in the kitchen, and the dish be served plain, or in any one of the ways I shall presently speak of.

Choose potatoes as much the same size as you can : that is to say, do not try to cook a large and two small ones together if you can help it.

**To boil potatoes:**—Place them in a saucepan and just cover them with cold water with an allowance of salt at the rate of a dessertspoonful per quart of water. Set the vessel over quite a moderate fire, and bring the water in it to the boil: then check the rate of cooking by drawing the pan to the edge of the fire and simmer gently from eighteen to twenty minutes. Test with a skewer, and when nearly done accelerate the heat for the last two or three minutes to finish them quickly. Then drain off the water, leaving the potatoes in the hot, empty saucepan, and place it at the margin of the fire uncovered for the steam to evaporate, and to dry the potatoes thoroughly.

**To steam potatoes:**—After having scrubbed clean, and wiped the potatoes dry, place them in the steamer over boiling water, keep the latter boiling and let them steam till done: the time will vary according to size from twenty to forty minutes: the fork (or a skewer) should go through them easily, if not, they are not done. A minute in a fast oven will dry them if needful. Benham's "patent rapid steamer" is a most efficient appliance for vegetable steaming. It can be used with an ordinary saucepan.

New potatoes should be scrubbed, rubbed with a coarse cloth, and boiled or steamed according to taste: you cannot expect them to be very mealy, because when first dug up they are immature.

When done and drained, it is usual to put new potatoes with a little butter into a *sauté*-pan over a low fire; to stir them about, sprinkling chopped parsley over them, and dusting them with salt. As soon as quite hot they should be dished.

Having boiled or steamed a few potatoes satisfactorily, let us see in how many ways we may serve them, presuming that they have turned it out as flourily as we could desire.

First, of course, they may be sent up plainly, either in their skins or crumbled into the dish made hot to receive them. Secondly, they may be turned out upon a wire sieve, be rubbed through it with a wooden spoon, and dished plainly in that form as "potato-snow," *pommes de terre rapées*. Lastly, they may be mashed.:-

(i) **Pommes de terre écrasées** (English fashion):—Break them up first in the dry hot saucepan in which they were boiled, working them well with a wooden spoon, and adding as much butter as you can spare, a little milk, and salt. When fairly well mashed, pass them through the wire sieve so as to catch the knots, and form the *purée* with two spoons in dome or cone shape, marking the outside of this with a fork, and browning it, if you like, in the oven before serving.

(ii) **Purée de pommes de terre** (French fashion):—This is presented in a much more fluid condition than English mashed potatoes:—when the potatoes are nicely boiled, and drained, pass them at once through the sieve, and put the *purée* into a stew-pan, set this over a low fire and stir into it by degrees milk in sufficient quantity to bring the *purée* to the consistence of very thick batter, finish with butter and a spoonful of cream, seasoning with salt, a little mace or nutmeg, and a dust of white pepper. Instead of milk well skimmed broth from the soup kettle may be used, and those who like it can order the stew-pan to be rubbed with garlic or shallot before the potatoes are put into it.

There are, of course, several nice ways of utilizing mashed potatoes :—

(i) **A la Duchesse** :—For twelve ounces of plain mashed potato allow an ounce and a half of butter, three yolks, a dessertspoonful of grated parmesan, and a table-spoonful of cream or milk; season with salt and mace. Roll this out on a floured pastry board, and cut it into equal portions, shape these in rounds or ovals and press them rather flat so as to form thick discs; dredge these over with flour, lay them out on a buttered *sauté*-pan over a low fire, and turn them gently about till they are nicely coloured.

(ii) **A la "G.C."**—Three ounces of Bombay onion boiled very soft should be beaten, hot, with ten ounces of mashed potatoes; butter, cream, pepper, the yolks of two eggs, mace and salt should be added as in the previous recipe, and the mixture shaped and cooked as laid down for the *Duchesses*.

(iii) **Croquettes de pommes de terre** :—For these the potatoes are prepared as if for *Duchesses* as previously described; flavour them with a little chopped parsley, shallot, thyme, marjoram, or spiced pepper. Let the mixture get cold, then lay it upon a floured pastry board, roll it out, form it into balls or corkshapes, flour them, then bread-crumb them as explained page 136, and let the coating dry; then plunge the *croquettes* into boiling fat and fry them till of a deep golden yellow colour. Drain and use.

(iv) **Boulettes de pommes de terre** :—Boil and mash one pound of potatoes, pass the *purée* through the sieve. Put into a basin the yolks of three eggs with a little finely-minced parsley and marjoram; stir into this the mashed potato, an ounce and a half of butter, and only just enough milk to bring it to the consistency of light dough; add

salt, pepper, a dust of nutmeg, and lastly, the whites of two of the eggs whipped to a stiff froth. Lay this on a floured board, roll it out like a rope an inch thick, cut this into three-quarter inch portions, and roll them into balls the size of a large playing marble. Have ready a pan of boiling fat, and pass the *boulettes* into it a few at a time, stirring them gently with a fork. Under the influence of the hot fat each little ball will expand and as soon as it turns a rich golden yellow, it is done. These can only be successful with floury potatoes, and a mixture of firm consistence. If this be over moistened and flabby they will not turn out satisfactorily.

NOTE.—For advice in respect of frying *croquettes*, *boulettes*, etc., please see Chapter XV.

Potatoes of average quality which may perhaps prove unsatisfactory when plainly boiled can be cooked with success according to the following methods. The recipes are calculated for five equally sized potatoes which together weigh one pound uncooked.

(i) *Sautées* :—Boil this quantity of potatoes in their skins, peel them, and when partly cooled divide them into quarter of an inch thick slices, cut these across (the pieces ought not to be large ; half inch squares or rounds the size of a four-anna piece). Melt two ounces of butter in a *sauté*-pan over a low fire, put in the pieces of potato, and stir them about till they are lightly browned, then scatter finely minced parsley over them, give them a dust of salt, and serve on a very hot dish, with any butter remaining in the pan.

(ii) *Sautées à la Lyonnaise* :—First fry an ounce of shallot (chopped small) in the butter till it begins to turn a pale yellow then put in the pieces of potato and work exactly as for *sautées*.

(iii) *Sautées à l'Indienne* :—Carry out the recipe for *Lyonnaise*, but dust a saltspoonful of turmeric powder over the potatoes as they are cooking.

(iv) *À la Provençale* :—Also as for (ii), but adding a teaspoonful of finely pared and minced lime-peel, chopped parsley, salt, pepper, and a dust of grated nutmeg. When serving, sprinkle a little lime-juice over the potatoes. To be quite correct the *sauté*-pan should be rubbed with garlic before the operation.

(v) *À l'Américaine* :—Cut up six cold boiled potatoes into quarter inch slices : Boil half a pint of milk with a small onion shredded, a pinch of spice, pepper, and salt as for bread sauce ; strain and thicken it as laid down for “melted butter” with butter and flour, till you have a nice sauce *blanche* ; place your slices of potato in this, and heat them up to boiling point : take the saucepan off the fire, stir in the yolk of an egg, add a large spoonful of chopped parsley. with a pat of butter the size of a rupee, and serve.

(vi) *À la Parisienne* .—Gently heat up the slices of potato in *sauce soubise* mixed rather thinly.

(vii) *À la maître d'hôtel* :—Cook, peel, and slice the potatoes as for *p. de t. sautées*, but do not reduce the size of the slices as in that case. Butter the bottom of the *sauté*-pan, lay the pieces of potato upon it pour in a gill of broth from the soup kettle, set the pan over a moderate fire, and cook gently so as gradually to absorb the broth, turning the potatoes gently with a fork ; when this takes place remove the pan, add a few little bits of butter, a dessertspoonful of minced parsley and a sprinkling of lime-juice.

(viii) *Mock New Potatoes* :—Out of six uncooked potatoes cut a dozen pieces the shape and size of a pigeon's egg :

steam these if possible or boil until nearly done. Then melt an ounce of butter in a *sauté*-pan, and put the pieces of potato into it. Stir them about over a moderate fire to finish cooking and, when thoroughly done, serve. Chopped parsley, and a lump of butter, or a pat of *maitre d'hôtel* butter may be added at the last moment.

*N.B.*—The addition of milk or cream to potatoes mentioned in some of the foregoing recipes has the disadvantage in the hot weather of turning the composition sour after keeping. For this reason it may often be wiser to moisten them with stock, and enrich them with butter.

Waxy potatoes, pressed through the sieve, and served like vermicelli,—a favorite dish of Ramasámy's,—ought not to be permitted.

*NOTE.*—Processes which really require two words being represented in English by the one term “frying,” both cooks and their mistresses are apt to confound potatoes “*sautées*” with potatoes “*frites*.” The former method—in other words *dry frying*—has been described already, the latter or *wet frying* by which chips, etc., are produced, remains for discussion.

**Pommes de terre frites.**—There is perhaps no nicer way of serving potatoes with chops, steaks, grilled chicken, game, roast pigeons, etc., than in the form of chips. An invalid, as a rule, likes a potato thus plainly cooked, and it is a quicker way of doing it than by any of the other recipes.

After washing the potatoes well, peel, and slice them carefully a *uniform* thickness—about *half* that of a rupee say. As you cut them drop them into a bowl of cold water and let them macerate for a quarter-of-an-hour; then drain, and spread them out upon a clean cloth to get



rid of the moisture. Having dried them thoroughly, place a sheet of blotting paper ready for draining the chips. Now, dissolve a good allowance of clarified beef suet (or whatever frying medium is used) in the *friture*-pan ; when very hot, pass into it the potato slices in relays—there should be enough fat to *completely cover them*—and watch them as they are cooking narrowly, turning them about gently with a fork, and as soon as they assume the golden tint you want,—a nice rich yellow,—lift them quickly from the fat with a perforated slice and let them drain on the blotting paper for a minute or two. When quite dry, turn them into a very hot silver dish (or garnish the dish, with which they are to go, with them), dust them over with salt, and serve. See the chapter on the art of frying.

The main points to note are, first the equal thickness of the slices, for if cut both thick and thin, the latter will be done more quickly than the former, and it is no easy thing to fish out the pieces that have taken colour from those that have not. *Drying* the chips well is essential number two, plenty of very hot fat the third, and careful drainage when done the fourth.

*Pommes de terre frites* may be trimmed into various shapes,—filberts, dominoes, etc., and cooked exactly as chips. Uniformity in size is again necessary, soaking a quarter-of-an-hour in cold water, and careful drying before cooking. The cook must take pains in cutting his patterns, or there will be waste in the cutting.

**Pailles de pommes de terre**, or potato straws, are simply long, narrow strips of potato cooked in this manner.

A set of French vegetable cutters will be found most useful and economical for trimming purposes. With a riband cutter **pommes de terre rubanées**, can be produced the cooking being exactly like that for *frites*.

**Pommes de terre au Parmesan** (an *entremets*).—Boil or steam until three parts done a pound-and-a-half of potatoes; then peel, and cut them into slices the thickness of a half-anna piece. Butter a fireproof china baking dish or *légumière* and arrange the potato slices in it, in layers overlapping each other like the scales of a fish; sprinkle melted butter over each layer, and grated cheese with seasoning; continue this until the dish is packed, finishing with a sprinkling of cheese and a number of little bits of butter on the surface. Put the dish into a moderate oven and bake for half-an-hour. Serve as it is.

**Pommes de terre Anna** (another *entremets*).—Prepare the potatoes as explained for chips, keeping them uniform in thickness. Soak them in cold water for twenty minutes, then dry them. Now choose a fireproof dish with a cover which you can paste down securely. Butter the inside of this, and pack it closely with the slices of potato as in the foregoing recipe, omitting the cheese, but being liberal with the butter; finish with butter on the top in the same way, and fix on the lid with paste. Put the dish now into quite a moderate oven and bake gently for three quarters of an hour. Now take off the cover, and you will find the potatoes packed closely *en masse*; with a sharp knife cut this straight through the centre, and also across thus dividing the mass into quarters. With a palette knife invert these so that the part that was at the bottom will come to the top. Cover the dish again, and push it into the oven for ten minutes, after which the *entremets* will be ready; dish as you would a tea-cake on a very hot dish, pouring the melted butter which may remain in the baking dish over it

NOTE.—This dish first appeared at the Café Anglais in Paris. Like a great many excellent things it is very simple—merely slices of potato baked in butter. The

difficulty in India of course is the butter, otherwise the chatty oven is the very thing for its cooking, with a little charcoal above as well as below, kept at very gentle heat. If too fast, the outside of the potato will become dry and parched, and the inside be scarcely cooked enough.

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**Peas** (*petits pois*) may be boiled, cooked in the jar, or stewed. For boiling, peas must be young and fresh. You rarely get a dish of peas equal to those gathered in your own garden: those bought in the Indian market are, as a rule, far too old, having been allowed to attain the largest size possible.

NOTE.—No green vegetable, especially peas, should be cooked in a *tinned* utensil. Use glazed earthenware or enamelled ware. French cooks use non-tinned copper. Never use *soda* in cooking peas. *Soft* water and a non-tinned vessel will preserve the colour.

**Boiled peas.**—Put one quart of water with a teaspoonful of salt, one of sugar, and half an ounce of green mint on the fire: when it boils, pour in a pint measure of shelled peas; continue boiling; when done, drain, and turn them out upon a *sauté*-pan with an ounce of butter, sprinkle a little salt and finely-pounded sugar over them, work the pan till the butter melts, and is blended with peas, then empty them upon a hot dish, and serve.

**Peas in the jar.**—This is perhaps one of the best ways of cooking peas. You get the whole flavour of them, they are rarely overdone 'to a mash,' as boiled peas in clumsy hands often are, and even old peas become tender and eatable by such treatment. Having shelled a pint of green peas, put them into a two-pound jam jar, with a screw lid,—or a block tin can with a closely fitting top,—(the vessel must be completely closed) and put in with them a

tablespoonful of butter, a saltspoonful of salt, and a teaspoonful of powdered sugar, a dozen mint leaves, and a very little black pepper. Cover the vessel down tightly, and immerse it in a stewpan, or *bain-marie* half full of boiling water. Set the latter on the fire and boil briskly : the peas should be examined in half-an-hour by which time, if very young, they should be done. Pick out the mint leaves, and serve.

NOTE.—It is a good plan to shred the empty pods in very thin strips and boil them with an onion, the mint, sugar, salt and pepper, as a preliminary step. This yields a well flavoured broth which, strained and brought to the boil, makes a capital *fonds* for cooking the peas themselves, improving their flavour. The liquid produced by boiling peas should never be thrown away. It makes an excellent moistening for a sauce blanche.

**Petits pois accommodés.**—To cook old peas :—Put an ounce of butter into a stewpan with four ounces of onion finely minced, an ounce each of mint leaves and parsley, dessertspoonful of sugar, and a teaspoonful of salt ; cook this awhile till the onions take a pale colour, and then add the pea pods shredded, with as much water as will just cover them : bring to the boil and then simmer this until a nicely flavoured broth has been produced.

Now take off the pan, strain the broth, and rinse out the pan ; put the broth into it, and the peas, bring slowly to the boil, and then simmer till they are tender ; after this strain the peas, thicken the broth with *beurre manié*, adding seasoning if necessary, and lastly, the peas again : stir well, bring the saucepan to steaming point, and serve.

**Purée de petits pois.**—Another way of cooking old peas :—Boil them as previously described, and then work them through the sieve. Make half-a-pint of white sauce

with the *cuisson* of the peas, reduce this till it coats the spoon, season, if required, with white pepper, salt, a very little sugar, pass into this by degrees the peas *purée*, stir over a low fire, and serve.

The flavour of lettuce leaves and young green onions may be substituted for mint. The onions or leaves should be tied in a bunch, and put in with the peas to start with, so as to be easily removed when the peas are served.

Peas form a favourite *entremets* alone. The following styles, also suitable for garnishes, are recommended :—

1. *Petits pois au beurre* :—boiled, or jugged peas, served with a pat of fresh butter (melted in a small sauce-pan) mixed with them at the last moment.

2. *A la crème* :—cold, with a coffeecupful of cream poured over them just as you serve—a few drops of taragon vinegar should also be sprinkled over them.

3. *Au jambon* :—finely minced ham, tossed in butter in a *sauté*-pan, and mixed with boiled, or jugged peas, and served at once.

4. *Au lard* :—the same method, using bacon instead of ham. The bacon atoms should be nice and crisp.

5. The *purée* :—previously described.

6. *Au velouté* :—finished with a couple of tablespoonfuls of *sauce veloutée* (page 89) made with their *cuisson*.

**French beans** (*haricots verts*,) are well worthy of our attention, for we can get them when other vegetables are out of season. They are, besides, the correct accompaniment of the roast saddle, the roast loin, and, of course, of venison

**Boiling.**—There is a very common mistake, which cooks—in India especially—are prone to make. They

slice the pods of this bean into *thin strips*. By doing this, nearly all the flavour of the bean is lost in the cooking. The pods, which *must* be gathered young, should be simply peeled all round to get rid of the delicate fibre, their ends should be nipped off, and they should then be plunged into *boiling* water:—Use a non-tinned vessel and soft water but *no* soda to preserve their bright green tint, and at least a teaspoonful of salt and one of sugar should be mixed with the water. If quite young, there will be no fibre to remove. Never waste the *cuisson*.

**Stewing** (*Haricots verts étuvés*).—Butter a stewpan, lay in it the beans prepared as above, sprinkle them with salt and white pepper, cover them with giblet broth or second stock, bring to the boil, and then simmer very slowly. When done drain the beans, arrange them in a *légumière*, thicken their *cuisson* with butter and flour stirring into the sauce thus made one raw yolk, and pour it through a pointed strainer over the beans. Milk may be substituted for broth.

**In the jar.**—If cross-cut into three-quarter inch pieces French beans may be cooked in the jar like peas.

Having cooked the beans nicely, you can serve them in the following different methods calculated for a pint measure of cooked beans:—

1. *Aux herbes*: Turn them out into a hot dish, melt an ounce of butter in a little saucepan with a tablespoonful of finely chopped parsley, chervil or garden cress, and green stem of onion if approved, salt, pepper, and a pinch of grated nutmeg,—pour over the beans, and serve.

2. *Au sauce blanche*:—Make a *sauce blanche* (page 60) using half a pint of the water in which the beans were cooked, salt, pepper, and a little nutmeg; stir into this

the yolk of a raw egg, or a dessertspoonful of cream, give it two or three drops of lime-juice, and add as above.

3. *A la Milanaise* :—Make half a pint of thin *sauce blanche* as above, enrich it with the yolk of an egg and a little milk or cream, dredge into it a tablespoonful of mild grated cheese, and pour it over the beans.

4. *Au lard* :—Cut into little dice enough cooked bacon to fill a tablespoon liberally, fry over a low fire in a *sauté*-pan, add the boiled French beans, toss them about for a minute or two, and serve.

5. *A la crème* :—Cold ; sprinkle with tarragon vinegar, and pour a coffeecupful of cream over the beans. A teaspoonful of finely minced green stem of onion is an improvement.

6. *A la maître d'hôtel* :—Stir a tablespoonful of *maître d'hôtel* butter into them and serve as hot as possible.

7. *Haricots verts soubisés* :—Drain the water from the beans, and stir in half a pint of *soubise* sauce (page 65) which has been carefully passed through a hair sieve, heat up gently, add a dessertspoonful of cream and dish in a *légumière*.

8. *Haricots verts sautés* :—After boiling, drain, and turn the beans into a *sauté*-pan with an ounce of butter. Stir them gently over a low fire, let them absorb the butter, season with salt and pepper, and serve.

*Velouté*, *Hollandaise* and *Béarnaise* sauces are all applicable to French beans : and a *poulette* made of butter, a little flour, and some of the water in which the beans were cooked, thickened with yolks of eggs, and seasoned with salt, assists them greatly.

**Flageolets.**—The *beans of haricots verts*, kidney beans, scarlet runners, and dwarf beans, when shelled green,

and served in various ways are known abroad as *flageolets*. As a rule, we try to eat the pods long after they have outgrown their edible stage, and ignore the *flageolets* altogether. Now, the young *bean* when about three parts grown is delicious, and, omitting the mint, may be cooked as laid down for peas and served as recommended for *haricots verts*. *Flageolets à la poulette, soubisés, à la maître d'hôtel, etc.*, make very nice *entremets*.

**Haricots verts panachés**, a capital dish, is composed of young green pods and shelled beans mixed together. You can thus dispose of the old pods, and use the tender ones to the best advantage. This recipe will be found useful by those who grow their own beans.

*N.B.*—The water or *cuisson* in which French beans are boiled is a vegetable broth or *stock*. Use it when making your *sauce blanche* in preference to milk or plain water.

The pepper used with these vegetables should be black, and freshly ground. For this you should possess one of those useful hand pepper-mills.

**Broad Beans** (*Fèves de marais*).—When young may be boiled with plenty of water, salted, until the skins are detachable from the beans. They should then be drained, skinned, and heated in a *sauté-pan* with butter—an ounce of butter to a pint measure of cooked beans—sprinkled with finely minced parsley and served. Some like mint with these beans, which, if very young, can be cooked like peas without skinning.

After having been skinned, broad beans can be served in the various ways mentioned for *haricots verts*, *fèves à la bourgeoise* being prepared exactly like *haricots verts étuvés*.

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**Dried haricots** (*haricots secs*).—White (*Soussons*), red haricots, lentils, and butter beans—make good garnishes for certain dishes besides being valuable for their highly nutritive qualities. They must be soaked for twelve hours at least and then put into *cold* water slightly salted, brought slowly to the boil, and simmered very gently until quite tender. The process, in short, is exactly that followed in the cooking of salt meat. Unless carefully treated in this manner they are apt to be indigestible. Their flavour is improved if, for a pint measure of uncooked beans, twelve ounces of onions are put into the vessel with them, a muslin bag of dried herbs, and a teaspoonful of coarsely ground black pepper. Three pints of water should be allowed for the moistening. A bacon bone or a slice of bacon is another useful adjunct. When the beans are done the broth they produce should be kept, for it is a nutritious stock with which several good soups *maigres* can be made, not to mention sauces for the beans themselves. See page 54.

When satisfactorily cooked, dried beans can be finished in most of the ways already described for *haricots verts*. A standard method is of course that known as *à la Bretonne*. This is used as a favourite accompaniment with roast or braised mutton, *Gigot à la Bretonne* being a well-known dish. Measure for measure is the rule:—Allow a pint of brown onion *purée* (see page 65) to a pint of cooked beans. If, when mixed, this preparation is carefully reduced over a low fire (as in dry curry making) until the moisture is exhausted by one half the flavour seems much improved.

Haricot beans are nice if treated in the manner described for potatoes *sautées à la Lyonnaise*, and *à l'Indienne*.

A *purée* of white haricots *soubisée* or *tomatée*, or of red beans, or lentils *à la Conti* (upon a brown game stock

basis)—worked rather stiffly forms a very good garnish for cutlets, *epigrammes*, *noisettes*, etc. The proportions of the two former may be set down as follows:—One-third of *soubise* to two-thirds of beans *purée*; the same of tomato *purée*. For *Conti* one-third of thickened game *stock* to two-thirds *purée* of lentils.

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**Cabbage** (*chou*).—This vegetable is so often spoilt by bad cooking that I think the following rules are necessary:—

**Rules for cooking cauliflowers, sprouts, kale and cabbages of all kinds.**

- 1.—Use the freshest vegetables you can procure.
- 2.—Remove all dead and bruised leaves; if a cabbage, cut it into halves or quarters according to size, trim off the stalk neatly.
- 3.—Put the vegetable into strongly salted water (cabbages and cauliflowers, head downwards) for fifteen minutes to get rid of insects, caterpillars, etc., but do not *soak* them longer.
- 4.—Soft water should be used for all vegetables. Hard water can be softened for cooking cabbages and greens by a small allowance of soda—a piece of washing soda the size of a hazel nut, or a saltspoonful of carbonate of soda will soften two quarts.
- 5.—The vegetable should be plunged into boiling salted water for five minutes to *blanch*; then drained, cooled in cold water, the moisture pressed out, and plunged into *fresh* boiling salted water.
- 6.—Two tablespoonfuls, or an ounce of salt to a gallon of water is the proportion that should be allowed.

7.—A small allowance of sugar, one-third that of the salt, brings out the flavour of green vegetables.

8.—The preservation of a nice colour is important in the cookery of green vegetables : this can best be secured by :—

- i. Using a roomy vessel, *not tinned*—uncovered.
- ii. Blanching.
- iii. Using soft, or softened water.
- iv. Using plenty of water.
- v. Permitting the steam to escape freely during the boiling.

9.—Bitterness such as is sometimes met with in kale, turnip-tops, etc., is remedied by the blanching process. See that the second water is also boiling at the moment the change is effected.

10.—Never allow cabbages, sprouts or greens of any kind to remain soaking in the water in which they were boiled ; drain them at once when they are done.

11.—The use of plenty of water in the cooking of all sorts of cabbages, kale, sprouts, etc., is not only preservative of colour, it is also advantageous in reducing the disagreeable smell which cabbage water has when the common method is followed.

12.—After draining cabbages or greens, press out all moisture from them which they absorbed during the boiling ; serve the cabbage in neat quarters without chopping ; greens should be patted with two spoons into an oblong shape out of which neat squares should be cut ; little pats of butter may be laid on the quarters of cabbage or squares of greens.

Cabbages, cauliflowers, sprouts, and greens can also be cooked in the steamer, by which process they do not absorb so much water, so do not require such careful draining. The flavour of these vegetables, indeed, is more successfully developed by this system of cookery than by boiling, owing to the retention of their saline elements. The only objection that may be urged is that their colour is not so bright. Vegetables should be carefully prepared as if for boiling, some salt should be sprinkled over their leaves, and they should be placed, dry, in the perforated receptacle that fits into the top of the steamer. Water should then be poured into the lower vessel, filling it not more than half full. The steamer should then be placed over a brisk fire. After steaming has set in, the contents of the receptacle should be examined now and then, and tested exactly as boiled vegetables are. The patent rapid steamer, or Warren's vegetable steamer are suitable for this process.

There are various methods of dressing greens,—after boiling or steaming them,—Take a few garnishes first:—

(i) *Cut up*:—Turned out, after draining thoroughly, upon a board and chopped like spinach then put into a stewpan over a low fire, moistened with melted butter, and a coffee-cupful of milk or good broth, and worked till hot and nearly dry with a wooden spoon. In this form the cabbage may be used as a bed on which a boned and braised piece of the loin or baked breast of mutton can be laid.

(ii) *Mashed*:—Cut up as in the previous case and mashed with potato in equal bulk, put into a stewpan as above and moistened with butter and milk, and seasoned with salt, pepper, and grated nutmeg. Good as a central support for a ring of cutlets, croquettes, noisettes, etc.

(iii) *Glazed* :—After having been drained free from moisture, laid out on a freshly scalded cloth from which the water has been wrung, then rolled in the cloth, like a rope, an inch-and-a-half thick, this divided into two-inch lengths, laid in a buttered *sauté*-pan over a low fire, and basted with melted glaze, or reduced meat gravy. Use for garnishing *bouf à la mode* or any special dish of meat.

**Stewed cabbage** (*chou braisé*).—Take a small savoy or half any good sort of cabbage weighing about one pound. Trim and blanch it according to the directions that have been given. Stop the second boiling when the cabbage is a little more than half done, take the pieces out and drain them. Now, mince four ounces of cooked bacon, a dessert-spoonful shallot, and parsley: season with a pinch of sugar, spiced pepper, and salt; put all in a stewpan, and set it on the fire. As soon as the bacon melts, lay the cabbage quarters in it, turn them about in the melted bacon for a minute or two, then moisten with sufficient broth to cover them. Cover the surface with a round of paper dipped in melted fat; cover the pan, and let it come to the boil, then simmer over a low fire gently till the cabbage is done. Now lift out the quarters, place them in a hot dish, and cover them up. Strain the broth, skim it, thicken it with *beurre manié* (page 58), and pour it over the cabbage. The better the broth in this case, the better the result. If, therefore, you can spare some fowl or turkey bones, or scraps of game, to assist some good second stock, the dish will be all the nicer. No moistening is better than the boilings of a piece of salt beef.

**Cabbage with white sauce** (*chou au sauce blanche*).—Divide it into quarters, and steam or boil them. Press out all moisture from them. Make a nicely flavoured *sauce blanche* (adding a little cream if you can spare it) place the quarters in the *légumière*, and serve, pouring

the sauce over them. In like manner cabbages can be served:—à la soubise, à la milanaise, à la hollandaise, etc.

**Cabbage with rice** (*chou au riz*).—Par-boil a cabbage, shred it and put it with half its bulk of half-boiled rice into a stewpan with as much broth as will cover them, season well with spiced pepper and simmer till they are done, then serve. Grated cheese should be handed round with this.

**Chou à la Piemontaise.**—Either boil or steam a pound cabbage; drain, press, and let it get cold; separately cook two or three mild onions—the weight should be about six ounces—let this get cold also. Choose a fire-proof baking dish, and brush it over with melted butter; sprinkle this with minced parsley or chervil; shred both the cabbage and the onions and arrange them in separate layers, dusting each layer with spiced pepper, and dredging over it a thin coating of grated cheese; when completed cover the top with thin slices of cooked bacon, and moisten level with the top with broth or milk. Push into the oven at moderate heat, and as soon as the dish is thoroughly hot, serve it.

**Chou à l'Indienne.**—Melt an ounce of butter at the bottom of a stewpan over a low fire, put in four ounces of cooked bacon cut in dice, and a tablespoonful of minced shallot. Fry together for five minutes, then stir into the pan one pound of par-boiled shredded cabbage; continue the frying without colouring, and then moisten with enough cocoanut milk (prepared as for curry making) to just cover the greens; add green chilli in strips according to the degree of heat desired, and simmer gently till the greens are done, and most of the cocoanut milk absorbed. Serve on a very hot dish.

**Brussels sprouts** (*Choux de Bruxelles*).—These on account of their convenient size are specially suitable for garnishes, etc. Their boiling must be conducted in the manner indicated for cabbages, *i.e.*, in plenty of water which must be boiling, well salted, and allowed to steam freely with the lid off. Care must be taken not to overdo them or they will be spoiled. It is also necessary to choose the dish of sprouts all the same size, or the small ones will be overdone. Having been thus cooked and well drained, they can be served according to the following methods:—

1.—“*A la maitre d'hôtel*”:—tossed in an ounce butter in a *sauté*-pan, with a dessertspoonful of minced parsley and the juice of a lime sprinkled over them, salt and pepper seasoning.

2.—“*A la Lyonnaise*”:—fry a tablespoonful of mild minced onion in an ounce of butter; when a golden colour, add the sprouts, toss them together in the pan for three minutes, and serve hot.

3.—“*Au jus*”:—gently stirred over a low fire with a few spoonfuls of good meat gravy or giblet broth and seasoned with spiced salt until the liquid is absorbed.

4.—“*Au beurre*”:—tossed in a *sauté*-pan with an ounce of melted butter, and seasoned with pepper and salt.

5.—“*A la crème*”:—served cold, sprinkled with tarragon vinegar and a coffee-cupful of cream poured over them.

6.—“*Au velouté*”:—very well drained, seasoned, and masked with a creamy white sauce.

Cold sprouts are nice if eaten with a *mayonnaise* or *tartare* sauce, or dressed with oil, vinegar, salt, pepper, and minced shallot or green stem of onion.

After having been blanched, sprouts can be stewed in milk as follows:—butter a *sauté-pan*, lay the sprouts upon this nicely spread out, not overlapping each other, season well with spiced salt, pour in enough *boiled* milk to cover them, and simmer very gently until they are done. Then drain, arrange them in a hot *légumière*, thicken their *cuisson*, and pour it over them through the pointed strainer.

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**Cauliflower** (*chou-fleur*).—The proper method of cooking a cauliflower has been described. After having been boiled or steamed it can be finished off with a variety of sauces. Cut the stalk flat so that the cauliflower can sit up, as it were, the flower in the centre, and a few of the leaves round it, pour over it a good tomato sauce, *sauce blanche*, *veloutée*, *milanaise* or *hollandaise* and dust some finely sifted raspings over the whole.

**Chou-fleur en bouquets.** -- In this form a useful garnish can be obtained from a cauliflower by detaching the numerous sprigs which form *en masse* the “head” of a cauliflower. Each of these may be said to be a cauliflower in miniature. Plunge them into boiling water clouded with milk to keep them white, then simmer, season when nearly cooked with salt, and draw quite to the edge of the fire to finish as slowly as possible. Avoid overdoing the bouquets. Having been drained the *bouquets* can be arranged in the centre of an *entrée* of cutlets, etc., masked with any of the sauces just mentioned. As an *entremets* they can be laid in a *légumière* and similarly covered with sauce, or in either case they may be simply finished with butter, *maître d’hôtel*, anchovy, *ravigote*, or other fancy butter, melting over them.

**Chou-fleur au gratin** (also called **chou-fleur au fro-**



**mage).**—Cooked cauliflower is necessary for this so it may be made with a cold one left at a previous meal, or with one boiled or steamed specially. Cut the flower into sprigs (*bouquets*), lay them upon a buttered fireproof china dish, moisten with *sauce milanaise* (page 65), add another layer if there be enough, moisten this again and give the surface a liberal dredging with grated cheese, put into a moderate oven to colour nicely, and heat thoroughly, and serve.

NOTE.—The moistening can be done with *sauce blanche* and a little grated cheese can be dredged over each layer. To produce this dish at its best, however, the following method is, I think, the most reliable: Blanch a fresh head of cauliflower, cool, and drain it, cut the flower into bouquets and put them with five ounces of par-boiled onion shredded into boiling milk and water mixed in half proportions; simmer and as soon as the sprigs are done, drain and cool them; turn the *cuisson* with the onion to a *sauce milanaise* passing it through the hair sieve, add (if you can) a tablespoonful of cream, and then finish as already described. The *cuisson* improves the flavour of the dish. Another way, without sauce, is to pour melted butter over the sprigs rather liberally, and dredge grated cheese over the surface.

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**Lettuce-(cabbage)-*Laitue*.**—Although commonly looked upon in English households as a salad vegetable, the lettuce is particularly agreeable when stewed in broth and served hot alone or with meat of any kind. In the cold season when they are plentiful this dish is much to be commended.

**Laitues braisées.**—Choose three or four fair-sized lettuces, soak them for fifteen minutes like cabbages to

get rid of slugs and insects. Trim them neatly, casting away all bruised or faded leaves, wash them and plunge them into boiling water (salted) for ten minutes to blanch them, drain them, pour cold water over them, press the moisture from them, cut them in two, season with a sprinkling of salt, tie the halves together with tapes, put them into a stewpan with sufficient broth or boiled milk to cover them, add two tablespoonsful of melted suet, four ounces of shredded onion, a bunch of parsley and spiced pepper seasoning; cover with a round of buttered paper, and simmer for two hours. Take out the lettuces, remove the tapes which tied them, put them into a hot *légumière*, skim the fat off the *cuisson*, turn about half a pint of it to either white or brown sauce as may be desired, pour this over them, and serve.

**Laitues farcies.**—After stewing the lettuces for an hour as above take them out, untie, carefully pick out a few leaves from the centre of each half, fill this with a spoonful of any nice forcemeat, put the halves together again, tie them as before, and continue the cooking as for *laitues braisées*, finishing in the same manner

**Lettuce-(coss)-*Laitue Romaine.***—These crisp straight growing lettuces can be cooked exactly like cabbage lettuces.

**NOTE.**—A very good and uncommon dish is to be made out of the **stalks of lettuces**, both cabbage and coss, which shoot up prior to seeding. These, cut when quite young into four or five-inch lengths, tied in bundles like asparagus and cooked in boiling salted water in the same way, can be served with butter melting over them, or one of the sauces mentioned for French beans. They are also nice cold with cream, *mayonnaise*, or cold *hollandaise* sauce.

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**Spinach** (*épinards*).—Having picked two pounds of leaves carefully, wash them well in two or three waters to get rid of all grit, blanch them by plunging them for five or six minutes in scalding water, drain, cool them in cold water, press out the moisture, and chop them up. Put into a stewpan one ounce of butter, with a teaspoonful of salt, and one of sugar; melt over a moderate fire, and when very hot add the spinach leaves: stir round continuously till dry, and then moisten with a gill of reduced *sauce blonde* (page 64), stir well, add a final half ounce of butter, turn it out upon a hot dish, garnish it with sippets of fried bread, *fleurons* of puff pastry, or short biscuits specially baked for the dish, and serve. For this paste, see “croustades for garnish” (page 106).

Note that it is not at all necessary to pass spinach through a sieve. If they are young, and tender, you should, after draining and blanching the leaves thoroughly, chop them up on a board and if cooked after that as I have described they will take the consistency of a *purée* without any mashing. You can serve spinach as an *entremets* in the following ways:—

- i.—*Epinards soubisés*:—For this substitute a gill of *sauce soubise* for the *sauce blonde*.
- ii.—*Epinards au fumet de gibier*:—A gill of strong essence of game, extracted from bones and carcasses of game, used instead of *sauce blonde*.
- iii.—*Epinards au fromage*:—Arranged in a *légumière*, the surface dredged lightly with grated cheese, and pushed into the oven for a few minutes.
- iv.—*Croustades aux épinards*:—Little *croustades* or *bouchées* made of the paste described (page 106), filled with carefully-made spinach *purée*, and

masked with granulated hard boiled egg. A pretty garnish.

v.—*Epinards aux œufs pochés* :—Laid in a *légumière* with neatly trimmed poached eggs arranged on the surface.

vi.—*Epinards aux œufs brouillés* :—As above, but with buttered eggs spread over the surface.

When required to garnish the centre of dish of *croquettes*, *noisettes*, *rissoles*, etc., the spinach will require a little stiffening. This can be obtained by working an ounce of flour with the butter in the first instance, and seeing that the sauce is well reduced before it is mixed with the *purée*.

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**Curled Endive** (*Chacorée frisée*).—May be treated after it has been cooked exactly like spinach, but possessing a tougher leaf it requires a slightly different method of preparation: Trim the stalk, pick off the very coarse outside leaves, cut off the green tips, and strip off the leaves, one by one, from the stem, casting each into a bowl of cold salted water. Thus every leaf is examined and cleaned. Now blanch them in boiling salted water like spinach, but extend the period to twenty-five minutes. After this, drain off the water, cool, and press the endive leaves, turning them out on a board, and chopping them like spinach. Unless the plant is young it may be necessary to pass the *purée* through the sieve.

For **White Endive purée**, as used in *blanquette à la Talleyrand*, only the light whitish yellow leaves in the heart of the plant should be used. After blanching fifteen minutes, these should be drained, cooled, and pressed, and then put into boiling milk and water in half proportions or clear broth and simmered until quite

tender. The chopping on a board follows this, and the finishing as explained for spinach with *velouté* and a little cream instead of *sauce blonde* and butter.

Endive becomes much reduced in bulk by cooking. Three or four plants are required for even a moderately sized dish.

**Sorrel** (*Oseille*).—This very wholesome vegetable, not used nearly as much as it ought to be, is cooked like spinach after *ten* minutes blanching. Unless very young passing through the sieve will be found necessary to produce a smooth *purée*. Excellent with all plain meat *entrées*, the sharp taste of *sorrel* seems particularly acceptable with the richer meats. It can be blended with spinach effectively in half proportions, or less as may be liked, while it plays a necessary part in *potage à la bonne femme* (see page 46). *Sorrel* is largely cultivated by the natives. Hind :—*cookeh-paluk*, Tam :—*chokeh-keeray*

NOTE.—The tender leaves of beetroot, watercress, and many country greens (to be spoken of later on) can be cooked and served as spinach. Beetroot leaves need not be worked to a *purée* being quite nice enough when drained, coarsely chopped, and finished with butter.





## CHAPTER XIV.

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### *Vegetables (B).*

**J**ERUSALEM ARTICHOKEs (*topinambours*).— Wash two pounds of artichokes, peel and shape them nicely, dropping each one into a basin of salt and water at once to prevent its turning black ; when they are quite young put them into a saucepan with salted boiling water sufficient to cover them well, and clouded with milk to keep them white ; boil till tender (which will take about twenty minutes after the boiling thrown back by their immersion recommences) and drain. When at all old Jerusalem artichokes should be cooked like potatoes, *i.e.*, put into cold water, brought slowly to the boil, and then simmered till done.

When they are cooked it is the usual English custom to smother them with a tasteless white sauce. If a white sauce is used for this purpose it ought to be made like *sauce blonde* on a giblet or vegetable broth basis (pages 53 and 63). It is on this account a good plan to put four ounces of onion minced small with the artichokes, and to moisten with milk and water in half proportions. If nicely seasoned, and assisted with the yolk of an egg to finish with, this *cuisson* will do very well for the sauce. The following methods are also feasible :—

- i.—*Topinambours au jus* :—Boiled, drained and arranged in a neat *légumière* with a few spoonfuls of good brown gravy poured round them.

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- ii.—*Topinambours gratinés* :—Boiled, drained, arranged in a fireproof dish, this set in the oven, basted with butter, lightly browned, and served as hot as possible.
- iii.—*Topinambours à la maitre d'hôtel* :—Boiled, drained, and dished, with melted *maitre d'hôtel* butter poured over them.
- iv.—*Topinambours à la Milanaise* :—Boiled, drained, neatly arranged in a *légumière* masked with *sauce milanaise*.
- v.—*Topinambours au fromage* :—A *purée* made of two pounds of plainly boiled artichoke moistened with a gill of *sauce soubise*, and seasoned with pepper, and salt: this, turned into a well-buttered pie-dish, its surface dusted over well with finely grated mild cheese, and the whole baked until the top takes colour.
- vi.—*Coquilles de topinambours* :—Instead of using a pie-dish the *purée* may be baked in some well-buttered *coquille* shells.
- vii.—*Topinambours frits* :—These are done exactly like potato chips (page 193), care must be taken to dry the slices thoroughly before plunging them into the hot fat.
- viii.—*Beignets de topinambours* :—Cut half-a-dozen large ones, after they have been three parts boiled, into long strips about two inches long, half-an-inch wide and a quarter-of-an-inch thick. Dry them thoroughly, rolling them in flour, dip them in the batter described in the Chapter on frying, and fry them a golden tint: these fritters can be served alone as an *entremets*, or as the central garnish of an *entrée*.

ix.—*Crème de topinambours* (or *purée* of Jerusalem artichokes moulded):—Having boiled two pounds of artichokes in the manner described, drain, mash, and pass them through the hair sieve; melt two ounces of butter in a stewpan, put in the *purée*, and stir it well over a moderate fire to exhaust the moisture. When this has been done empty the contents of the stewpan into a bowl, and let it get cold, then add one gill of cream, four whole eggs, one by one, well beaten and season with pepper and salt. Whisk while composing this, and when thoroughly blended put the mixture into a well-buttered charlotte mould, and cook it by the process explained (page 142) very gently for one hour. Turn it out upon an *entrée* dish, mask it with *Milanaise*, *Hollandaise*, or domestic *Velouté*, and serve.

Or:—turn out the mould, mask, and set it in the ice box, sending it up with iced cream or a cold *Hollandaise* sauce in a boat.

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**Globe Artichoke** (*Artichaut*).—A globe artichoke, like a cabbage, must be soaked in salt and water with a little vinegar to get rid of the insects which may be hidden between the leaves. Then it must be set head downwards in boiling salted water, and boiled till the leaves part easily from the core. When done, drain, and dish it hot. A little *beurre fondu* in which a few drops of anchovy vinegar, or lime-juice have been introduced, with a seasoning of black pepper and salt, is the usual sauce.

Artichoke bottoms (*fonds d'artichaut*) are trimmed in this way:—Cut the tops of the leaves horizontally, parallel with and close down to the top of the *fond* or



bottom. Trim all leaves that may adhere to the *fond* quite closely all round, and pare off the stalk smoothly. A short very sharp knife is necessary for this operation.

Drop each *fond* as you trim it into cold water in which a lime has been squeezed, or a tablespoonful of vinegar poured, to prevent its turning black, and when you have prepared enough for the dish you require, plunge them into boiling water with a dessertspoonful of salt, and a spoonful of vinegar; now blanch until the *fonds* are sufficiently soft to enable you to scoop out the chokes then lift them out and drain, cool, scoop, and trim them. They may be now finished as follows :—

1.—As *quartiers d'artichaut sautés* (i.e., each *fond* cut in quarters) treated like new potatoes—gently stirred about with a fork in a *sauté-pan* in butter over a low fire till thoroughly hot, and served sprinkled with salt and chopped parsley.

2.—*A la maitre d'hôtel* :—As above but with *maitre d'hôtel* butter. .

Unless quite young and freshly gathered, artichokes whether in *fonds* or *quartiers* should, after trimming and scooping, be put into *blanc* (see celery) and gently simmered till quite tender in which state they can be served in a *légumière* masked *au sauce blanche, veloutée, Milanaise, soubise, Hollandaise, verte aux herbes, Béarnaise, etc.*

**Cold cooked artichokes** (*fonds* or *quartiers*) can be served with cream, *sauce mousseline* (page 80), or one of the cold forms of *Hollandaise*; also with *mayonnaise, tartare, ravigote*, and asparagus sauce (page 85). Be sure that both vegetable and sauce are very cold.

*Quartiers d'artichaut frits* :—Well dried, floured, egged,

crumbed with finely sifted *panure*, and fried in boiling fat a golden yellow, in which form they make a nice garnish, or *entremets*. Serve sprinkled with salt, and with *beurre fondu* in a boat.

*Quartiers d'artichaut gratinés* :—Arranged in a buttered *légumière*, dredged over with finely grated cheese, and set just long enough in the oven to take a light crust colour on the surface.

*Beignets d'artichaut* :—Made with *quartiers*, dipped after careful drying in batter and fried (see Fritters).

The following methods are to be recommended for *fonds d'artichaut entiers* :—

(1) *Fonds d'artichaut à la barigoule* :—Having parboiled and drained six artichoke bottoms of a fair size, and scooped out their chokes, give them a dust of salt and pepper, and put them on a clean dish ; prepare six dessert-spoonfuls of *D'Uxelles* (page 178) and fill the hollows of the artichoke bottoms with it. Tie a very thin slice of bacon over each *fond*, and put them in a stewpan with a breakfast-cupful of good broth. Cover and put the stewpan into a moderate oven, and cook for twenty minutes, ascertain if tender, then remove the bacon, dish up, and serve.

(2) *Fonds d'artichaut à la soubise* :—Having six nice saucer like *fonds* ready cooked, fill the cavity of each with a spoonful of well reduced *soubise* sauce, let this get cold and firm, smooth the surfaces of the *fonds* with a palette knife dipped in hot water, dredge over them a light coating of finely sifted *panure*, baste with a little melted butter, lay them in a buttered *légumière*, lightly brown in the oven, and serve.

(3) *Fonds d'artichaut à la Mornay* :—Follow the recipe for *à la soubise* substituting a well reduced sauce *velouté*

for the *soubise* ; instead of *panure* dredge over with finely grated cheese, and finish in the same way.

(4) *Fonds d'artichaut à la Rossini* :—In the hollow of each *fond* lay a disc of *pâté de foie gras* cut neatly to fit it, mask over with chicken *chaud-froid* sauce, set the *fonds* in the ice box, and serve very cold.

(5) *Fonds d'artichaut à la Castelane* :—Fill the hollows with a mixture of cold asparagus points, dice of truffles, and celery, mask over with gelatinated *mayonnaise* sauce (see page 79), set in the ice box, and serve very cold.

(6) *Fonds d'artichaut à la noëlle* :—Prepare six dessertspoonfuls of beef marrow in the manner explained for celery, make half a pint of good *espagnole* sauce, and give it a dessertspoonful of marsala. Heat the artichoke bottoms in a buttered *sauté*-pan, filling their hollows with dice of marrow, mask over with very hot sauce, dress in a *légumière*, and serve.

(7) *Coquilles d'artichauts* :—Put six *fonds* already cooked into six buttered scallop shells, fill the hollows with prawn *purée*, heat up gently and just before you serve, mask the surface of each with a little hot *Hollandaise* sauce.

NOTE.—If you have no *coquilles*, pastry cases answer very well : make them in round patty pans (*Croustades d'artichauts*).

(8) *Artichauts au gratin* :—Cold boiled artichoke bottoms can be mashed up with sauce blanche or blonde, seasoned with pepper and salt, top-dressed with crumbs, or grated cheese, and baked in a *légumière*, or in silver *coquilles*.

(9) Or, the mixture can be placed inside little pastry patties like oyster patties and served on a napkin (*bouchées d'artichauts*).

**Turnips** (*navets*).—When nice and young deserve attention especially as garnishes for *entrées*, stews, etc. Shape the roots into little cones or ovals, of an equal size for this purpose. The ordinary method of cooking turnips for the table is to trim them neatly in halves or quarters. Then, after blanching them in boiling salted water for five minutes, they may be steamed, or gently simmered in boiled milk and water or weak broth till tender. The *cuisson* should be turned to white sauce which should be passed through a hair sieve, the yolk of an egg added, and a few drops of lime-juice. Arranged neatly in a *légumière* the turnips should then be masked with the sauce, and served.

Trimmed and cooked in the same way, young turnips can be served with the sauces mentioned for *quartiers d'artichaut*.

But perhaps the nicest way is to lay the pieces of cooked turnip in a *sauté*-pan, and turn them about in butter till quite hot, to sprinkle with salt and chopped parsley, and serve in a very hot dish. This can be done with *maitre d'hôtel* butter, *ravigote* butter, etc.

*Navets glacés*.—Trim the turnips in pear shapes or cones, and boil them till half done in salt and water; drain them, and put them into a *sauté*-pan with half an ounce of butter, and sprinkle them slightly with powdered sugar, stir well over a rather quick fire until they begin to brown, and then add a spoonful or two of clear stock: pepper and salt should now be given, stir them gently about basting them with the broth, and as this becomes exhausted add a little more. By this process the turnips will become glazed in which form they are used for garnishing braised meat, ragoûts, etc.

Carrots, parsnips, knolkhol, and small round onions, (of the size usually pickled) can be glazed in the same manner.

**Navets à la Napolitaine** :—For this turn to potatoes *au Parmesan* and prepare the dish of turnips exactly in the same way seasoning each layer with spiced pepper.

**Purée de navets** :—Whether for garnishing a dish of cutlets, masking a *Navarin blanc*, or service as a vegetable with the joint, a *purée* of turnips should be treated as follows :—After blanching the turnips for five minutes in boiling salted water, put them into a stewpan with just sufficient milk and water, or broth and milk in half proportions, to float them. Simmer them in this until they are soft, pass *all* through the sieve into a bowl, rinse out the stewpan, put half an ounce of butter into it, melt over a low fire, add the same of flour, mix, put in the *purée* and stir with a wooden spoon, slightly increasing the heat to exhaust the moisture ; a gill of thickly reduced *soubise* sauce is a great improvement. Work until the *purée* is stiff, and use.

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**Carrots** (*carottes*) and **parsnips** (*panais*)—should be trimmed a uniform size, blanched in boiling salted water, then simmered as described for turnips, and finally tossed in butter, in a *sauté*-pan, with pepper, salt, and some finely-minced parsley or chervil. Or, by altering the herbs, etc., they may be served *à la Lyonnaise*, *à la ravigote*, *à la maitre d'hôtel*, *aux fines herbes*, etc.

Carrots cut into olive shapes or round balls, blanched, gently simmered till tender in broth and then drained and masked with *sauce blonde*, *soubise*, *poulette*, or *Hollandaise*, make a good central garnish for a dish of cutlets. If they are glazed as explained for turnips, the *entrée* should be called "*à la Nivernaise*."

**Carottes à la Flamande** :—Choose a pound and a half of tender carrots, blanch them in scalding water, scrape off their tough skin, and trim them lengthways in slices

the eighth of an inch thick. Put the pieces into a stew-pan with one ounce of butter, a pinch of salt and one of sugar, and enough stock or water to cover them. Cover the pan, and simmer for twenty minutes over a low fire, shaking the pan occasionally to ensure even cooking. When done, remove the pan, let its contents cool a little, and then strain off the liquid from the pieces of carrot into a stewpan. Carefully separate two yolks of eggs from the whites, and beat them well with a little of the cooled liquid; stir this into the rest of it in the pan *en bain-marie*, thickening as in custard making, add an ounce of butter, and a tablespoonful of chopped parsley. Dish the carrots, pour the sauce over them, and serve.

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**The onion** (*oignon*) is much used for garnishing in French cookery. For this it is prepared in three different ways :—glazed, white, and brown.

**Glazed onions.**—For these which are used to garnish braised meat, follow the directions given for glazed turnips.

**White onion garnish** (for *fricassées*, etc.).—Select twenty button onions about an inch in diameter; with a sharp knife cut a thin slice off both top and bottom of each of them, plunge into boiling salted water for ten minutes, drain, cool, peel off the outside coarse skins, and put them into a stewpan with just enough water to cover, a salt spoonful of sugar, and a teaspoonful of salt. Cover the pan and simmer gently until tender trying them with a trussing needle, then drain and use.

**Brown onion garnish** (for *ragoûts*, etc.).—After blanching and peeling as in the foregoing case, lay the onions out in a buttered *sauté*-pan, sprinkle them with

sugar, and turn them about over a moderate fire till browned; put them into the stew with which they are to be served, and let them finish cooking in it.

For the plain cooking of onions for service as a vegetable in the English way, follow the principles that have just been given:—Blanch, cool, peel, and simmer gently in fresh water till done. For stewing, substitute broth for water in the simmering stage. The *cuisson* in either instance should be used for the sauce which is to mask them. It should be thickened, passed through a hair sieve, and finished with a pat of butter, or the yolk of an egg—white in the first, and browned in the second case.

*Oignons gratinés*:—After having been cooked as for white garnish, lay the onions in a buttered *légumière*, baste them with butter, dredge finely grated cheese over them, and set the dish in the oven for a few minutes to heat thoroughly and colour slightly.

*Oignons au gratin*:—Blanch them in boiling salted water for ten minutes, then drain, cut them up, put them into a stewpan, and moisten with just enough milk to float them; simmer over a low fire till tender; then drain them on a sieve, pressing all moisture from them. With half an ounce of butter and half an ounce of flour, turn this to a sauce, finishing with a tablespoonful of cream, or of milk enriched with the yolk of an egg, pepper, and salt. Put the onion into a buttered fireproof baking dish, moisten with the sauce, strew a layer of grated cheese over the surface, sprinkle a little melted butter over the cheese, and bake for a few minutes till the top takes colour.

*Oignons farcis*:—Onions of a fair size, say, two and a half inches in diameter, can be served as an *entremets* in this manner:—boiled until soft enough to allow the

scooping out of the inside, thus forming a case. The cavity is then filled with any nice mixture as explained for tomatoes, and having been dredged over with grated cheese or panure the stuffed onions should be cooked as described for *gratinés*.

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**Leeks** (*poireaux*).—Should be trimmed with a about a couple of inches of the green stem left, and the outer skin and rootlets removed; tied then in bundles like asparagus they should be similarly cooked. When done, release the leeks, drain them (if very thick, halve them lengthways), lay them in a hot *légumière*, thicken their *cuisson*, add the yolk of an egg and a pat of butter, and mask the leeks with it.

A well reduced leek *purée* blended with grated cheese in the style of *Milanaise* sauce (page 65) is nice with a plain cutlet, fillet, or *noisette*.

An excellent garnish for cutlets is made with leeks in this way: when done, drain them, gently press out all moisture, lay them on a board, and chop them up like spinach, finishing them exactly in the same way. A sauce made from their *cuisson* reduced till it coats the spoon should be blended with this (*see* Spinach).

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**Vegetable-marrows** (*courges à la moëlle*).—The best way of cooking this vegetable is to steam, or bake it till it is all but done, then to lift, drain, cut it in halves, removing the seeds, and shaping it into fillets, etc., as desired. Lay these in a buttered *sauté*-pan and move them about over a quick fire to exhaust their moisture. You can then sprinkle with salt and minced parsley and



serve; or dish and mask with white or brown sauce, according to circumstances. Suitable both for garnish or as a vegetable in the ordinary way. The sauces may be those given for *quartiers d'artichaut*. Marrows, if old, should, of course, be peeled before cooking.

*Courges à la moëlle au gratin*:—Set in a *légumière* in layers of fillets, moistened with sauce *Milanaise*, dusted over with grated cheese and baked.

*Beignets de courges*:—partly cooked, and cut into convenient pieces, which should be dried, dipped in batter, and fried a golden brown in boiling fat (*see* Fritters).

**Mock whitebait.**—Par-boil the marrow, and cut it up into a number of pieces, about the size of whitebait, roll them on a floured cloth, let them dry thoroughly, and fry them in a bath of seething fat; lift them out when they turn a golden yellow and drain them, pile them on a napkin, dust over with salt and serve. Limes cut in quarters and brown-bread and butter should be handed round with them. .

But this vegetable is at its best when gathered very young, (*courgettes*)—about the size of a goose's egg,—and served whole: the seeds being then scarcely formed, need not be cut out. It can thus be served with butter and chopped parsley, *à la maître d'hôtel*, with *Hollandise* sauce, etc. Cold, with oil and vinegar dressing, it is excellent.

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**Cucumbers** (*concombres*) may be cooked exactly as laid down for vegetable-marrows. They form a delicate garnish for various dishes of fish, and *entrées* when dressed as follows:—

Take a good-sized cucumber, or two small ones; cut them into one and a half inch lengths, peel these, and

cross-cut each of them into four equal pieces lengthways, pare off the seeds along their inner sides, and put them into a stewpan with enough boiling water to cover them well, half an ounce of butter, and a teaspoonful of salt. Simmer them until they are done; then drain, turn the pieces out upon a buttered *sauté*-pan, and move them about gently over a moderately fast fire to expel their moisture, sprinkle with finely minced parsley or chervil and use. Or, when thus dried, dish and mask over with a nicely made *sauce blonde* or *Hollandaise*.

For *Concombre farci*, and garnish, see Chapter VIII, page 108.

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**Pumpkins** (*potirons*) may be treated when young and tender much in the same manner as marrows and cucumber.

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**Beetroot** (*betterave*).—This root, chiefly used cold as a salad by itself, or mixed with other vegetables in salad, is by no means to be despised when served hot with a good sharp sauce such as *Hollandaise jaune*, or *maitre d'hôtel*. Beetroot is far better baked than boiled. After having thus cooked it, peel off the coarse skin, cut it into discs, season them with pepper, salt, and give them a turn or two in a pan with a pat of butter and a few drops of vinegar. Dish up, and pour the sauce over them. If allowed to get cold the slices may be served with *mayonnaise* or any of the sharp cold sauces.

Beetroot leaves can be turned to account either dressed as spinach, for which the inside tender ones should be chosen, or as cardoons, in which case the mid-rib of the larger leaves of white beet should be cut out, divided

into lengths, and gently stewed in *blanc*. They should be dished in a *légumière*, and masked with one of the sauces just mentioned ; or brown *à la moëlle*, see Celery.

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**Tomatoes** (*tomates*).—The simplest method of cooking this vegetable is exactly as described for *oignons gratinés*, simply picked, washed, dried, and done whole.

*Tomates gratinées*:—Arrange the tomatoes in a buttered baking dish, baste with butter, and cook in a moderate oven, dust over with salt and finely grated cheese, and, lifting them with a slice set them in a *légumière*, and serve. Or omit the cheese, and sprinkle with parsley.

Another way: Cut the tomatoes in halves horizontally, pick out the seeds, put them in a buttered *sauté*-pan and move them about over a moderate fire to exhaust their excessive moisture. Next lift them with a slice and arrange them in a *légumière* or fireproof dish, season with salt, and pepper, sprinkle finely minced parsley and chervil over them with a light coating of sifted panure, pour a little melted butter over them, and push the dish into the oven for ten minutes. Serve immediately.

*Tomates au fromage*:—Put an ounce of butter into a small stewpan, throw into it a tablespoonful of finely minced mild onion, put the pan on the fire and lightly fry the onion ; before the pieces take colour, put into the vessel one pound and a half of tomatoes, cut up into small pieces. Stir well over the fire until the tomatoes are reduced to a pulp. Now empty the vessel upon a hair sieve, pass the tomato *purée* through it, season with pepper and salt, put it into a buttered *légumière*, dust over the surface a layer of Parmesan, Gruyère, or other mild cheese, and bake for eight or ten minutes: serve hot.

*Coquilles de tomates* :—Put the *purée* as above into buttered silver or china scallop shells, smooth over their surfaces, dredge grated cheese over them, sprinkle with melted butter and heat up in a moderate oven. Let the surface colour slightly, and then serve.

*Tomates farcies* :—Choose six not over-ripe tomatoes of a medium size, say two inches in diameter; cut a slice off their tops with a sharp knife as you take the top off an egg; then very carefully scoop out the pulp and seeds with a small silver spoon, and place the cases thus obtained on a dish aside, saving the pulp. Pass this through a hair sieve into a bowl to get rid of the seeds. Allow a dessertspoonful of sifted bread or biscuit crumbs for each case, and mix this with the pulp, season with spiced pepper, and salt, add a dessertspoonful for each case of minced cooked bacon fat and lean in equal proportion, mix with the whole two beaten eggs. If not as firm as light dough add a few crumbs. With this fill the cases, pressing the mixture home gently with the spoon, smooth the tops, dredge grated cheese over them, and sprinkle with melted butter. Now lubricate a baking sheet well with melted suet, spread an oiled paper over its surface, put the stuffed tomatoes upon this, and place the sheet in a moderate oven; sprinkle a little melted butter over them, and serve when nicely done (twelve minutes or so enough) in the manner described for *tomates gratinées*.

NOTE.—Using the bread-crumbs soaked in the tomato pulp and the bacon as a foundation, farces can be much diversified according to discretion, allowing for each tomato for example :—

(a)—a dessertspoonful of D'Uxelles (page 178).

(b)—a dessertspoonful of chicken's liver, or *foie gras*.

- (c)—a dessertspoonful of cooked spaghetti or macaroni cooked, and finely minced, with a good teaspoonful of grated cheese.
- (d)—a teaspoonful and a half of olives, one of capers, and one of anchovy fillet all finely chopped.
- (e)—a dessertspoonful of ham, tongue, or corned beef, with one of their fat instead of the bacon.
- (f)—a dessertspoonful of cold curry minced.

A teaspoonful of butter may be substituted for the bacon in each case. Unless there is some fatty element the cases will be dry. The eggs will be required of course for cohesion.

*N.B.*—The *skin* of the tomato affects some people seriously, it is therefore advisable to remove it from all dishes in which it might be accidentally eaten. This is done, of course, when the vegetable is passed through a sieve, but in cases where the sieve is not used the skin can be removed by plunging the tomato for a minute into boiling water, and cooling it immediately afterwards in cold water. The skin can then be peeled off without injuring the tomato.

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**Celery** (*cèleri*) can be served in various ways either as a vegetable with a piece of meat, or as an *entremets*. In either case the heads should be very carefully washed, neatly trimmed and cut short, say five or six inches in length. They can then be split lengthwise in two or four pieces according to the thickness of the head. Thus prepared the pieces tied together should be plunged into fast boiling water, and blanched for fifteen minutes. Then taken out, drained, and wiped, and put to stew very gently for about two hours. As soon as tender, they must be lifted with a slice, drained, arranged upon a hot silver dish, and served. The stewing should be carried out in milk

and water, weak stock, or *blanc* which I have already mentioned with reference to vegetable cookery. This is a kind of stock made as follows:—

**Blanc:**—Mix a tablespoonful of flour with three pints of cold water, add a dessertspoonful of salt, four ounces of suet minced, six ounces of minced onions, and a bunch of parsley and chervil, or a muslin bag containing a tablespoonful of dried herbs; boil up, simmer for an hour, strain, and use it hot to moisten the vegetables for stewing, leaving the fat unskimmed. The object of this, as its name implies, is to keep the vegetable white, and improve its flavour.

Whether stewed in *blanc*, broth, or milk and water, there should be enough moistening to cover the celery, a piece of buttered paper should be spread over the surface, and the stewpan, closed, should be set over a low fire so that the process may be carried out very slowly.

The sauce for the celery should be made with its *cuisson*—in the case of *blanc* after carefully skimming off the fat. When required brown, broth should be used for the stewing, the colour of the sauce being improved with *caramel* (Parisian essence).

After cooking and draining the celery may be dished in a *légumière* and served with butter, *maitre d'hôtel* butter, or *ravigote* butter melting over it, with some of the butter in a boat also. Or with the sauces already mentioned for vegetables:—*Hollandaise*, *Milanaise*, *velouté*, *Béarnaise*, *verte aux herbes*, etc.—the *entremets* being indicated in the *menu* in the usual manner:—*Pieds de céleri au beurre*, *à la milanaise*, etc.

*Purée de céleri* made in the manner described for turnip *purée*, can be used in the same way.

*Céleri à la moëlle*:—For this stew the celery in broth—not freed from fat.

The marrow should be treated in this way:—Break the bone, take out the raw marrow in as large pieces as possible, scald a piece of long cloth, wring it out, cool, and lay the marrow in it, fold it up and secure the roll with tape, plunge this into boiling water and simmer for twenty minutes.

Take out the roll, let it get cold without untying it. Then release it, and cut the cooked marrow into quarter inch squares. When required heat them up gently in a little of the sauce *en bain-marie*. A dessertspoonful each of this should be put into little *croustades* of fried bread or pastry, (see Chapter VIII, page 106), and served round the celery as a garnish. The sauce, made from the *cuisson* skimmed free from fat, should be reduced and tinted with *caramel*. Pile the celery in the centre of the dish, pour the remainder of the sauce over it, and serve, with the *croustades* in a circle round it, very hot.

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**Cardoons**, (*cardons*) are of course well-known by those who have travelled abroad. I have seen tinned cardoons in India, but not the vegetable itself though there would appear to be no reason why it should not be cultivated. A substitute has been mentioned in the notes on beetroot. There is another however to be found in the tender stalks of the globe artichoke plant (*preds d'artichauts*; these should be scraped free from their fibrous skin, cut into four inch lengths, and stewed and served as described for celery *à la moelle*.

In order to blanch the artichoke stems, it is necessary, after the vegetable has been gathered, to bend the shoot down, and earth it up: the parts thus covered turn white, and in this way you obtain an excellent substitute for cardoons—practicable on the Nilgiris and other Hill stations.

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**Salsify** (*salsifis*):—This is an edible root which we ought to grow abundantly in India. I do not know whether any of the horticultural societies have introduced it or not; still, for the benefit of those who, like myself, have grown it in India I venture to speak of it:—

To cook ordinary salsify—say two pounds—put one quart of water into a stewpan with a teaspoonful of salt, a tablespoonful of vinegar, a dessertspoonful of flour, and two ounces of melted beef or mutton fat, stir over the fire till boiling, then put in the salsify, which should be washed, scraped, and cut into two-and-a-half inch lengths. Slowly simmer for half-an-hour, the stewpan not quite closed, drain the salsify, and serve it in any of the methods recommended for carrots.

*Salsifis frits*:—When cold, the pieces may be dried, floured, egged, rolled in finely sifted *panure*, or dipped in batter, and fried in boiling fat till they are crisp. Grated cheese may then be dusted over them as soon as they have been drained dry.

Salsify can also be served with brown sauce and beef marrow (*à la moelle*) or with plain gravy (*au jus*)

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**Scorsonère**:—Sometimes called ‘black salsify,’ has a very perceptible flavour of the oyster. It should be cooked as described for salsify, and may be finished with butter or sauces in the same way. The roots peel easily when boiled, and when mashed the pulp is as white as snow. Simply mashed with cream, arranged in buttered *coquilles*, with a layer of bread-crumbs strewn over it, sprinkled with a little melted butter, then baked till brown, and served hot, a *purée* of *scorsonère* is decidedly very like oysters scalloped.



The *purée* with cream can be served also wherever oyster sauce is recommended,—with a fillet of beef for instance, or a *noisette* of mutton,—and it makes a nice white soup.

NOTE.—Never peel, scrape or cut black salsify (*scorsone*) before boiling, for, if cut when raw, its natural milky looking juice escapes, thus depriving it of much of its flavour. Boil first, and peel afterwards. This advice, though contrary to that of most writers on cookery, is the result of personal experience.

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**Asparagus** (*asperge*) should be picked carefully, washed, and tied up with tape in little bundles with all the heads level: then, with a very sharp knife, the stalks should also be cut level. Put the trimmed bundles into fast boiling water with a good allowance of salt and a little sugar. The bundles should then be carefully drained, and the tape severed, the vegetable being served *au naturel*, with *beurre fondu*, *sauce Hollandaise* or a plain dressing of oil, vinegar, pepper, and salt.

The following valuable wrinkle is given by the author of *Food and Feeding* :—

“Asparagus of the stouter sort, always when of the giant variety, should be cut of exactly equal lengths, and boiled *standing ends* (the green tips) *upwards*, in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them, as they form the tenderest part of the plant; while the hard stalky part is rendered soft and succulent by the longer boiling which this plan permits. A period of thirty or forty minutes on the plan recommended will render fully a third more of the stalk delicious, while the head will be properly cooked in the steam alone.”

There is a custom followed by ignorant English, as well as by native cooks, of placing a slice of *toasted bread* in the dish destined to receive a bundle of asparagus, vegetable marrow, etc., over which they finally pour a plentiful bath of tasteless flour and water called "white sauce." The *toast* is utterly unnecessary, and the sauce—butter plainly melted—ought invariably to be handed round, in a boat. A few drops of tarragon vinegar may be stirred into this "Dutch sauce" (page 73), and the vegetable having been carefully drained should be laid in a hot *légumière* with a pat of fresh butter or *maitre d'hôtel* butter glazed on the top of it to melt over all.

The well-known excellent plan of serving asparagus cold need scarcely be enlarged upon. Arrange it in a *légumière*, and set it in the ice-box. Just before serving sprinkle it with Orleans vinegar, and let very cold cream accompany it. Instead of cream asparagus sauce (page 85) the fashionable *sauce mousseline*, cold *Hollandaise*, *Béarnaise*, or *sauce d'Argenteuil* may be given:—

*Sauce d'Argenteuil*:—Pound three hard-boiled yolks of egg to a paste put it into a bowl and work into it drop by drop a sherry glassful of salad oil, a teaspoonful of made mustard, a saltspoonful of white pepper, and one of salt; mix thoroughly, and whisk into it two table-spoonfuls of cold *velouté*, finishing with a teaspoonful of tarragon vinegar and a dessertspoonful of very finely chopped parsley. Serve very cold.

The green ends of asparagus (*pointes d'asperges*) form an artistic accompaniment to an *entrée*; they are excellent when added to a clear soup, and make a capital *purée*. Asparagus peas are made by chopping the green ends of the shoots into dice, and then treating them as peas. With these effective garnishes are made for both hot and cold *entrées*.

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**Seakale** (*chou-marine ou chou-de-mer*):—This vegetable should be cooked in the manner described for salsify so that its whiteness may be preserved. After cooking it may be served like asparagus—especially nice cold with any of the sauces mentioned in the foregoing section.

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**Japanese artichoke** (*stachys Japonais*):—A delicate little tuber which ought to be grown successfully at Bangalore, the Hill stations, and in fact anywhere in India where the Jerusalem artichoke thrives. It is crisp and nutty in flavour without any resemblance to the artichoke. It should be cooked like salsify and can be served with butter, *maitre d'hôtel* butter, or any of the sauces which have been mentioned for celery. The Japanese artichoke is excellent cold with one of the sauces mentioned for asparagus. Parboiled, and allowed to get cold it makes a delicious salad.

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### Fungi.

**The mushroom** (*champignon*) is perhaps one of the most valuable assistants that we possess in cookery. Unfortunately they are only reliable when they are quite fresh, pink in the gills, and firm, they cannot therefore stand transport from the Hills to the plains. During the rains however they are often procurable all over India.

In order to keep mushrooms white for garnishing purposes it is the practice of French cooks to saturate them with lemon juice, and thus for the sake of appearance the flavour of the fungus is impaired. If, as I have described, neatly peeled, their stalks trimmed close, and then cooked in *blanc* or milk, button mushrooms can be

kept quite light coloured enough for *entrées*; and their better flavour quite makes up for their slight dullness.

The process of blanching them for garnishes in the French manner may be thus described :—As each mushroom is prepared cast it into a basin of cold water well sharpened with lemon juice. When all are ready, having been thus marinated, drain and fry them for seven or eight minutes in butter in a stewpan with pepper, salt, and the juice of a lemon, tossing them occasionally ; then empty them into a bowl, and cover them with paper till wanted.

Avoid *washing* mushrooms if you possibly can : wipe them, peel off the skin, trim the stalks, and tap the top of each of them so that any grit in the gills may be expelled. A fresh mushroom, properly gathered, is quite clean after the process I have indicated, stale and bruised ones may require a bath, but these should not be used. Chop up all the trimmings of skin and stalk and put them into a stewpan with an ounce of butter and seasoning : fry over a moderate fire for five minutes, moisten with broth, simmer for fifteen minutes, and strain through fine muslin—for there may be grit in these pieces. This fresh ketchup is most useful for stews and sauces, for moistening mushrooms *au gratin*, or any sauce in which the fungi from which it was extracted appear.

Mushrooms for garnishing purposes should be of the button size, though if not procurable, larger ones cut into convenient pieces may be used instead.

*Purée de champignons* :—Clean and trim and chop up eight or ten ounces of fresh mushrooms ; fry in the manner just described, moisten with the ketchup made from the trimmings carefully strained, a coffee-cupful of broth, a pinch of salt and one of pepper ; bring to the

boil ; then simmer till quite soft and empty the contents of the pan upon a hair sieve : first drain off the *cuisson* which set aside, then pass the mushrooms through the sieve. Put half a pint of Espagnole sauce in a stewpan over a low fire, stir in the *cuisson* and *purée* by degrees ; when mixed, increase the heat, and stir without ceasing until the *purée* is properly reduced and thick.

To eat independently these excellent fungi can be stewed (brown or white), broiled, or baked. They make a capital *purée*, in which form they can be presented as a sauce or garnish, or be introduced in an *omelette*. Their flavour is such that I think it a mistake to blend any other distinctly tasty thing with them. The simpler their treatment the better. For this reason a true connoisseur, as a rule, would sooner have a broiled mushroom with his fillet than one stuffed with ham and chopped truffles ; or a dish of them *gratinés* with plain pepper, salt, and butter, than one swimming in creamy *béchamel*.

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### Preserved Vegetables.

Never put tinned vegetables into water. Do not warm them in their tins. Open, drain and put the vegetable at once into a clean stewpan with a pat of butter and seasoning, plunge the vessel into a bigger one containing boiling water, cover it closely, and let the outer vessel boil freely until the contents of the inner one are thoroughly hot. Do not throw away the liquid strained from the tin.

**Tinned French beans** (*haricots verts*).—These excellent vegetables may be warmed in the manner just described, or they may be drained, turned out upon a *sauté-pan*, stirred in butter until hot, and served. After

warming they may be finished in any of the methods already set forth for cooked fresh *haricots verts*. They make excellent *purées*, and may be cut up, and warmed with other vegetables in a *macédoine de légumes*. I strongly recommend them to be served *à la maître d'hôtel*, *sautés*, or *soubisés*, with a saddle of mutton.

**Flageolets** should be carefully warmed as described and then served with *sauce à la poulette*, *soubise*, *à la milanaise*, etc., or with butter plainly, *à la maître d'hôtel*, etc. They are very effective when associated with other vegetables in a *macédoine*, and especially nice if mixed with *haricots verts*, moistened with some fresh butter, and served as **haricots verts panachés**.

**Fonds d'artichaut**, if delicately treated may be cooked up in any of the ways recommended for the cooked fresh artichoke.

**Asperges entières**.—It is a mistake to try and serve preserved asparagus *hot*. It is far better cold. Drain it, turn it gently into a *légumière*, set this in the ice-box, and serve as already described for cold fresh asparagus.

**Pointes d'asperges** are, as a rule, too soft to stand much manipulation. The safest plan is to turn them gently out of their tin and heat them *en bain-marie* in the manner just described, and then to slip them into the soup or sauce in which they are to be served. They make an excellent addition to a *chaud-froid* if set carefully in the border of aspic, which should of course be iced.

**Macédoine de légumes** are very handy for use as a central garnish for cutlets. The *macédoine* must be gently heated up in a really good *velouté*, *poulette*, or *Hollandaise*, sauce, and a spoonful of cream may be added if liked.

**Petits pois.**—Of these there are three or four varieties—*fins*, *extra fins*, and *gros*. No treatment is better for them than that given for fresh “peas in the jar.” The sugar, salt, butter and mint leaves resuscitate them, and produce an effect not far removed from that of fresh peas. Drain and put them into the jar as soon as opened. The advice given in respect of serving fresh peas may to a great extent be followed with tinned peas.

These excellent French tinned vegetables make, whether singly or blended, a very presentable *salade cuite*. For this they should be iced (*see Salads*).

**NOTE.**—The liquid drained from all the vegetables that have been mentioned is a useful vegetable broth which should be used to assist their sauces.

English, Dutch, Colonial and American preserved vegetables should be prepared for the table in the manner I have explained without contact with water. Dried vegetables, and those now manufactured in blocks in an apparently exhausted condition can be turned to very wholesome account by following the instructions which accompany them. As a rule, however, these notes go no further than the freshening process—the steps to be taken to make the vegetable eatable. After this, of course, the cook can intervene and improve matters by the introduction of butter, sauces, and some of the finishing methods that have been described.

**Dried peas** may be freshened very well in this way:—Having washed them and removed all that float on the surface of the water, drain and put the peas in another pan of water for about twelve hours, drain again and put them, damp, upon a joint dish, heaped up; watch for signs of sprouting and then cook them like green peas. They will be found sweet and fresh, making quite a nice change in the hot weather.

**Dried haricot beans.**—These have been spoken of in the same section as fresh beans.

### Country Vegetables.

The utmost attention should be given to this section, for when the garden produce grown from European seed fails, or when out of the reach of Cantonment markets, vegetables of the country can be utilized, and with care made very presentable.

**INDIAN CORN** (*mars*) Tam., *mucka cholum*; Hind., *boota*; usually boiled or roasted, and eaten with butter, salt and pepper.

*Maïs à l'Américaine*:—stripped from the young cob, boiled like peas, and then drained, tossed in melted butter, peppered, salted, and served very hot, sprinkled with chopped parsley. Or the corn may be stripped off the cob after boiling, and similarly treated.

*Maïs à l'Italienne*:—tossed as above, tomato *purée* stirred in with the butter, and finely grated cheese.

*Mais à la maitre d'hôtel*:—tossed in *maitre d'hôtel* butter.

*Mais à la Hollandaise*:—moistened with *Hollandaise* sauce.

Similarly with other sauces:—*poulette*, *milanaise*, *soubise*, etc. As an *entremets* served in a *légumière* with cashu-nut sauce, and cheese biscuits; also in *coquilles* or *croustades*.

It is useless to attempt to cook Indian corn when it begins to turn yellow. The cobs, when stripped, should be fully developed but white or greenish white.



**Brinjals** (*aubergines*), *binegun* Hind.—The ordinary method of preparing this vegetable is of course well known:—The pods cut in halves lengthways, the fleshy part scooped out, and mashed up with butter, seasoned, minced meat or hard-boiled egg added, the hollowed half pods filled with this mixture laid out upon a baking sheet and baked in the chatty oven with heat above and below them; then lifted with a slice, laid in a *légumière* and served—the farce being altered at discretion, grated cheese used for the surface, etc.

*Aubergines sautées* :—For this little brinjals as used for curry, whole, are the best—gathered before the seeds have developed. Blanch for five minutes, and then simmer gently in milk and water till tender; lift, drain, lay them in a buttered *sautoir*, and turn them about over a low fire like *haricots verts sautés* to expel moisture, set in a hot *légumière*, sprinkle with parsley and melted butter, and serve. For this the butters may be varied—*maitre d'hôtel*, *ravigote*, anchovy, etc.

*Aubergines gratinées* :—The process explained for *oignons gratinés* may be followed for this.

*Aubergines soubisées* :—Laid hot in a *légumière* and masked with *soubise sauce*.

*Aubergines à la Milanaise* :—As above with *Milanaise sauce*.

**Bandecai** (*okra*), *bhindi* Hind.—Choose tender young pods and cook them like cucumber fillets. The turning about with butter in the *sautoir* to exhaust the moisture improves them. They may be served masked with any of the sauces mentioned for celery. They are particularly good cold with cold *Hollandaise*, or one of the sauces mentioned for cold asparagus.

**Country beans.**—Of which there are many varieties—some, like the “*Duffin bean*,” *Bunbur-buttce*, *Kusumbulle pullie* (Hind.) eatable like broad beans, and some like the *Loobea* (Hind.) eatable in their pods like French beans—can all be treated according to the directions given for the European kinds, and will be found all the nicer according to the pains taken in their preparation. Boiling fast may cook them, but much of their flavour is lost by that process. The younger they are the better.

**Pumpkins, gourds, country cucumbers, etc.**—Of these there are several kinds, all good for the table if procured quite young— the *Dhal-pussund*, for instance, not larger than a goose’s egg, and the snake vegetable *chuchoon-da* (Hind.) when four or five inches long. The natives like these vegetables to attain a great size, when they quite lose the delicate quality which they possess before their seeds are developed. Follow the advice given for vegetable marrows, cucumber, etc.

**Greens.**—Another large family known as *Bajee* (Hind.), comprising two or three varieties of *amaranthus*; *Choolacc* a spinach; *Chookeh* sorrel; *Sag* greens, *Nurcha* (Hind.), etc., for which the recipes for spinach are applicable. One of these *Lál sag* (Hind.), or *amaranthus giganteus*, can always be got in the hot weather, called locally *mollay*, (Tam.), the tender branches or stalks of which are also edible *mollay-keeay*. These should be treated as laid down for asparagus; choose stalks that are nice and young, the knife should pass through them easily— cut them into four-inch lengths, tie them in bundles, and boil them in boiling salt and water, then drain carefully, and serve them either hot or cold with a sauce chosen from one of those suggested for asparagus. The young leaves of this plant can also be dressed as spinach.

**Yams:**—are a possible substitute for potatoes no doubt, but a rather flavourless one. The object of the cook should therefore be to assist the vegetable by seasoning, grated cheese, a little spice, and so on, following the receipts for potatoes which include these adjuncts. In a *purée*, with broth in the French way, and a spoonful or two of *soubise* or *milanaise* sauce, with butter, yams can be made more palatable.

**Radishes** (*Moolee* Hind.).—These, especially the long kind, if gathered before they get old and porous make a good dish if cooked like young turnips (*see* ‘ordinary way’), and masked with the simple *poulette* sauce described in that recipe; a couple of inches of their green tops should be left adhering to them.

**The Herbs**, useful in cookery which grow in India may be cited as follows : —

Basil,	(Hind.)	<i>kalee tulsee</i> .
Borage,	„	<i>chota kulpa</i> .
Chervil,	„	<i>ajmood</i> (country parsley).
Chives,	„	<i>bhung-u-gundu</i> .
Cress,	„	<i>halleem</i> .
Fennel,	„	<i>sout</i> .
Marjoram,		
Mint,	„	<i>podeena</i> .
Pennyroyal.	„	<i>hoodunk</i> .
Rosemary,		
Sage,	„	<i>salbea</i> .
Thyme,	„	<i>eepar</i> .

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## CHAPTER XV.

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### *Salads.*

IN Chapter IV I observed that amongst the accessories of an artistic dinner, a salad, though not entered in the *menu* perhaps, was expected to be present. At all good restaurants we find the salad handed to us, as a matter of course, with the “*rôt*,” while “*Pullet au cresson,—salade*” is no doubt a familiar item to those who, when living abroad, have had a ripe experience of the French *menu*. The custom has been adopted of course by all who have modernised the style of their dinners in accordance with the teaching of Sir Henry Thompson. There can be no doubt whatever that this method of dressing vegetables, if correctly done, is wholesome, and particularly suitable to hot climates.

We all know that a salad demands two things :—its vegetable foundation, and its dressing, both of which may be a good deal varied.

First, as regards the foundation of a salad. This may be composed of cooked, as well as of raw materials : the vegetables principally employed being, lettuces (cabbage, and coss), endive, tomatoes, onions, cucumbers, parsley, young radishes, garden-cress, and water-cress, in the latter condition ; and in the former, beet-root, French beans, broad beans, *flageolets*, potatoes, artichokes, sprigs

of cauliflower, haricot beans, asparagus, salsify, vegetable marrow, and all root vegetables.

With cold cooked country vegetables capital salads can be made; young brinjals, the *mollay-keeray*, *bandedai*, country beans, and little pumpkins gathered very young, are all worthy of treatment in this way.

Touching salad-dressing a great deal might be written for three or four recipes are to be found in every cookery book. Two will be sufficient for us:—French dressing with oil and vinegar, and English dressing in which eggs are used. True *connoisseurs*, I think, adhere, as a rule, to the former, which is the simplest: that is to say, the simplest as far as the component parts, and the process of mixing them, are concerned. Some little experience is necessary to acquire the nicety of judgment of *quantity* which a plain dressing demands. It is therefore as well to give the clearest directions regarding it.

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### Notes on the Preparation of Plain Salad.

- (a)—Choose a coss or cabbage lettuce with a fully developed heart.
- (b)—Put the salad bowl in front of you, and have a basin of cold water by your side.
- (c)—Pull the leaves of the lettuce from the stalk with your hand, rejecting all that are bruised and discoloured.
- (d)—Put those at all muddy into the basin, wash them well, and drain them thoroughly on a sieve, tossing them lightly in a cloth afterwards to get rid of every drop of water.

- (e)—Leaves that are quite clean or can be wiped clean ought not to be wetted at all.
- (f)—When dry, put the leaves into the bowl, tear them to pieces, do not cut them; turn them about with a wooden salad fork while, with the right hand, you sprinkle them with the best salad oil.
- (g)—As soon as every leaf is thoroughly anointed,—glittering with a coating of moisture as it were,—shake over them (still using the salad fork) some very finely chopped chives or mild spring onion, and dust the whole with salt, and some coarse, *freshly ground* black pepper.
- (h)—Lastly, sprinkle the salad with a few drops of vinegar, stirring with the fork while doing so.
- (i)—The thing to avoid is a *sediment* of dressing. The leaves lying at the bottom of the bowl must, in that case, become sodden, and so the crispness you desire to maintain will be marred. A thorough lubrication is all that is wanted.
- (j)—Suppress the *vinegar* as much as possible. You do not want an acid dish at all. Vinegar is merely added to lend a peculiar flavour and to give it a very slight pungency. The well-known advice:—

“ Three times the spoon with oil of Lucca crown,  
And once with vinegar procured from town ”

cannot be taken seriously now-a-days. See page 77.

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It is quite impossible to give fixed *quantities* with regard to the mixing of this kind of salad. The quantity of oil, and of the other ingredients, must obviously depend on the quantity of green stuff that there may be in the salad bowl. The salad-maker who carefully measures his

oil and pepper in the bowl of a spoon, and doles out his vinegar can only succeed in hitting off the real thing by accident.

This is the correct dressing for an endive salad, for which (so say the gourmets) the bowl should be slightly rubbed with garlic, or a crust of bread (*un chapon*) similarly rubbed may be tossed about for a minute or two among the leaves.

Of endives, remember there are two varieties, *chicorée frisée* the curled, and *escarole* the Batavian. *Barbe de capucin* is also of this family.

Although finely minced green stem of onion, chervil, basil, or garden-cress, may be sprinkled over the lettuce leaves *after* the oil has been worked into them, for dinner-parties perhaps the onion had better be omitted or its absence supplied by a drop or two of shallot vinegar.

The white and yolk of a cold hard-boiled egg well granulated by being rubbed through a wire sieve may be scattered over a plain lettuce salad as a finishing touch with good effect.

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**Oil.**—The best oil procurable should be used for salads as imported by well-known firms. I advise small consumers to procure it in small, rather than large, flasks, for the sooner it is used after opening the better. Keep it, of course, in as cool a place as possible.

**Vinegars.**—Though only used in comparatively small quantity in a salad, the quality and flavour of the vinegar are just as important as those of the oil. Common sharp pickling stuff is completely useless. French or Italian red and white wine vinegars are the best to use, especially the former. Very excellent herb-flavoured vinegars can be obtained from the leading firms for whom such things are

specially selected, the most generally well-known being Maille's or Bordin's *estragon*, *ravigote*, and *fines herbes*. Since only a few drops are required at a time a small sum is well laid out in securing the best of vinegar for salads.

Two tablespoonfuls of *light claret* made with a teaspoonful of vinegar, an excellent sharpener, which, for a change, may take the place of vinegar.

An enthusiast can of course *make* his own peculiar vinegars, and use them, according to judgment, to vary the flavours of his salad-dressings.

**Special salad vinegars** (1):—Into a pint of French red or white wine vinegar put a tablespoonful each of minced garden-cress, chervil, and rosemary, an uncut clove of garlic, two small green capsicums shredded and one minced shallot.

(2):—For the same quantity of vinegar allow two tablespoonfuls of shredded cucumber with skin, one shredded capsicum, one shallot cut into rings, and a saltspoonful of salt.

(3):—The bruised *seed* of garden-cress, celery, and parsley, in equal portions—say a teaspoonful of each, a shredded shallot, and two ordinary capsicums finely minced, added to a pint of red wine vinegar.

NOTE.—Vinegars can be flavoured very well with dried herbs. Tarragon and basil are now exported as well as the older varieties. To freshen them, put a tablespoonful of the dried leaves in a perforated strainer, dip this into boiling water for a minute, then lift it out, drain, and use the leaves.

A very few drops of the strongly flavoured vinegars I have described are, of course, sufficient for most tastes. With a little consideration other varieties can be concocted



easily enough. When the mixture is finished, cork the bottle down tightly, seal it with wax, and set it in the sun. In a week or two you may strain the liquid, and take it into use.

**Tomato salad.**—An excellent salad is made by slicing raw ripe tomatoes horizontally, picking out the seeds, and sprinkling them with minced chives or the stems of spring onions. The dressing given should be like that recommended for lettuce:—A liberal sprinkling of oil with freshly ground black pepper and salt seasoning, but as tomatoes are somewhat sweet, there may be a rather larger allowance of vinegar. As in all salads, tarragon, or any aromatic vinegar, may be employed advantageously in this, and minced *finer herbes* may be sprinkled over the whole. Strips of red or green capsicum go well with it.

I have already mentioned the danger, to some people, of eating *the skin* of the tomato. This had better be cut off in all cases when the vegetable is eaten raw, or removed in the manner explained in Chapter XIII.

**English salad-dressing.**—The English form of salad-dressing is closely connected with *mayonnaise* sauce. For the recipe, see page 84. With salad vegetables, cooked and uncooked, it works well enough, and is certainly nice with *cold* meat: it is, however, wholly out of place with the *rôt*. For this reason salads thus dressed are to be recommended for luncheons, picnics, etc., rather than for dinner. Unfortunately the sauce is too often spoilt by being overdosed with vinegar—common, acid stuff without any flavouring. See page 77.

In nearly every English domestic cookery book the reader is told to mix oil and vinegar in *equal parts*! and even sugar is recommended. The proportion of vinegar

to oil has been given : sugar is not an ingredient required for any sort of salad.

I recommend that the salad, nicely dressed in its bowl, and the ice-cold sauce in its boat, should be preserved separately, and handed round together. If you mix a salad of this kind before lunch and let it soak, it deteriorates considerably before the time comes for its service. Cover up your nicely selected, well-dried lettuce leaves, etc., and they will be crisp, if handed round with their sauce following them at the time required. This advice holds good with *mayonnaise*. The meat or fish of which the dish may be composed becomes sodden and dead, and the green accompaniments fall off in crispness if bathed for any length of time in dressing. Besides, after the meal, a *mixed mayonnaise* or salad is wasted, whereas one with which the sauce was separately served may be turned to account. You have in the former case only to pick the meat out of the lettuce leaves, and place it on a separate dish.

**Cooked vegetable salads.**—A salad of cold cooked vegetables (*salade cuite*, or *salade de légumes*) can be served either with plain French dressing of oil and vinegar, or with one made with eggs in the English style. A *macédoine* of neatly cut pieces of French beans, flageolets, peas, carrots, and turnips, makes an excellent salad of this description, whether with French or English dressing, artichokes, but asparagus points are better with plain oil and vinegar.

It is of course clear that a judicious selection of two or three of the above would make a very nice salad, while some of them—French beans, artichoke bottoms, or asparagus points, would be excellent alone. Finely shredded strips of celery improve these salads and sprinklings of minced

tarragon, chives, chervil, etc., are as nice with them as with uncooked herbs.

With plain cream dressing a *macédoine* salad is excellent. This can be applied to the vegetables just referred to either alone or in combination. Sprinkle them with vinegar very lightly, season with salt and pepper, and moisten with pure cream. Keep in the refrigerator till wanted.

**French bean salad** (*haricots verts en salade*) is a good type of simple *salade cuite*. Cook the beans in the manner explained, page 199. Drain, dry on a cloth, let them get quite cold, put them into the bowl, anoint them with salad oil, and dust them with newly ground black pepper and salt. Lastly, give them a few drops of red wine vinegar and a sprinkling of finely minced tarragon and chives.

**Potato salad** (*pommes de terre en salade*) is made on the lines just laid down for French bean salad. Having *steamed* the potatoes carefully—they must not be too floury to yield nice slices—cut them in slices and dress as in the foregoing. With this thin strips of celery or slices of capsicum may be mixed, and some add a few pieces of beet-root, but I think that this is a mistake, for the red juice of the beet-root discolours the salad in an unsightly manner. A sprinkling of green stem of onion, finely minced, is a great improvement. Excellent with cold fish, especially shell fish.

All cooked salads can be garnished with, or set in, aspic jelly when served with the thick dressing. Broken jelly always makes a very attractive adjunct. *Salades cuites* must be served *quite cold*.

**Fancy salads.**—These must be mentioned, if only as curiosities of salad-making, for expensive materials enter

into their composition which place them rather beyond the limits of domestic cookery. Nevertheless, when special occasions arise there is no reason why some of them might not be tried. They are all dressed finally with *mayonnaise* sauce, and are served as entremets.

*Salade d'Estrée* is composed of celery and truffles. The former should be cut into inch and a half pieces and these should be split but not severed; when thrown into cold water they curl round as if they had been crimped. The truffles are sliced. When mixed the salad is completed with *mayonnaise* sauce.

*Salade Rachel* is made in the same way with celery and truffles, each cut into dice with a root-cutter.

*Salade jockey-club* is only a slight variation, *pointes d'asperges* being substituted for celery and the truffles cut in Julienne-like strips.

*Salade à la ma tante* requires *fouls d'artichaut*, *pointes d'asperges*, and truffles, but the process is the same.

*Salade à la Mirabeau* is composed of truffles and sliced potatoes with prawns and oysters.

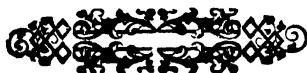
*Salade Russe*.—This became so terribly overdone with incongruities—fillets of meat, fish, anchovies, caviare, olives, and even slices of *pâté de foie gras*! being associated together—that a few years ago the new French School propounded a much simpler composition:—Cold cooked potato, French beans, artichoke bottoms, celery and beetroot, neatly cut up, are put into a bowl with a few slices of gherkins, and slightly dressed with oil and vinegar. In a separate bowl a coarse mince of cold cooked chicken, game, or very tender undercut fillet of beef is similarly slightly dressed. After half an hour's rest in a very cold place the contents of the two bowls

are arranged together in a *légumière* and dressed with *mayonnaise* sauce, garnished with truffles, egg garnish, and hearts of lettuce shredded. Or, instead of meat, shell fish with anchovy fillets, caviare may be used.

**Country Vegetable Salads.**—The country vegetables I have already alluded to are nice with ordinary salad sauce, or *mayonnaise* dressing. Choose very young brinjals, boil, and when cold, slice them; *bandecars* may be plainly arranged in rows; young pumpkins must be sliced, and greens should be slightly boiled and drained. Strips of anchovies, well wiped from their tin oil, may be slipped into these salads with satisfactory results.

The *bandecai* (Hind: *bhindi*), if gathered young and boiled till tender makes an excellent salad in this way:—arrange the *bandecars* on a flat dish placed over some crushed ice. With a dessert-knife slit each one open longitudinally; into the slit put a fillet of anchovy, and over all, pour a little iced salad dressing.

The young shoots or stalks of *mollay* (Hind: *choolaee*), boiled, drained, and cut up, make, when cold, a capital salad: use a plain oil and vinegar dressing, and toss some chopped olives, green stem of young onions, and minced anchovy fillets among the stalks.





## CHAPTER XVI.

### *Réchauffés.*

THE re-dressing of the remains of cooked meat, fish and vegetables, and dishing them up in an attractive manner, form a very important part of a cook's work. In no branch of cookery can a skilful practitioner's hand be detected more readily. Unfortunately it is too often slurred over, and cold things are warmed up anyhow as if they were beneath serious notice. A mistress should take some pains to disabuse her cook's mind of this mistaken notion. As a matter of fact, the dishes that can be devised out of cooked materials are among the most delicate and palatable that we have.

It is in the serving of compositions of this description that neat little fireproof china cases, scallop shells, flat *gratin* dishes, baking dishes, small earthenware *casseroles*, etc., come in most usefully, while little moulds for *boudins* may be used frequently with advantage.

The following precepts should be observed generally with regard to the treatment of cold meat, etc.:—

1. Cut off carefully all parts that have been *browned* in the previous cooking, such as skin, etc.

2. Use these trimmings, and all bones (well broken) , assisted by any vegetables you may have to spare, to make the best broth you can for your *réchauffé*.

3. All pungent bottled sauces and seasonings should be avoided. The fresh sauce made upon the broth foundation should be left alone, and, if properly made, will require only a little delicate flavouring.

4. If recommended in the recipe you are following, do not refuse a spoonful or two of wine, an egg, or an ounce or so of good butter.

\* 5. Glaze, Bovril, or Liebig's extract, red currant jelly, grated cheese, grated bread crumbs, walnut and mushroom ketchup, good French vinegar, bottled garden herbs, and a mild sauce like Harvey, will be found very useful in the preparation of *réchauffés*.

6. Try to maintain a little herb garden, in large pots, or boxes, containing English curled parsley, marjoram, thyme, chives, garden-cress, and celery. The last need not be planted for its root's sake, the leaves and stalks provide the cook with his flavouring agent (See end of Chapter XIV for the Hindustani names of indigenous herbs.)

7. Hashes and minces are much improved if the cold meat composing them be marinaded, or *soaked* in the sauce (cold) for some time before being warmed up.

8. Teach your cook that meat that has been once cooked, does not require to be boiled or stewed again. Describe a hash or a mince to him as meat gently warmed up in a good sauce separately made to receive it.

9. All warming up of curries, *salmis*, fricassees, hashes, stews, etc., should, if possible, be conducted by the *bain-marie* process—i.e., the vessel containing the thing to be

heated should be placed in a larger one, or *bain-marie-pan*, with two-thirds of its depth of hot water round it. The latter should be set to boil, the inner vessel closely covered, till the desired heat is obtained.

10. Reference will be necessary to Chapter VII, in which I tried to explain the fundamental principles of sauce-making. The success of a *réchauffé* wholly depends upon the care bestowed upon the composition of the sauce in which it is heated up, or by which it is enriched and diluted.

**Fish re-cooked.**—Cold fish of any kind gives us valuable material for little breakfast and luncheon dishes. Fairly large slices of firm fish, not over-boiled in the first instance, may be advantageously warmed up whole *au gratin*, or, in the *bain-marie*, in a nicely made sauce flavoured according to taste, and garnished with little balls of potato fillets of cooked cucumber or vegetable marrow. But if at all broken up, it is better to serve it in china cases or *en coquilles*, or to work it up into *croquettes*, cutlets, or *croustades*.

Broken fragments of cold fish are very nice when added to, and stirred about with, buttered egg. This can be served on fried toasts, or arranged in a silver or china *légumière* and garnished with sippets. A slight colouring of tomato sauce is an improvement.

Another tasteful way of serving cold fish is to shred or cut it into small pieces, like a coarse mince, and stir it about in a *sauté-pan* containing some previously boiled hot macaroni or spaghetti cut into half-inch lengths, mixing in with it enough melted butter to lubricate it, and a little tomato *purée* or sauce. When the contents of the *sauté-pan* are thoroughly well heated, turn them out on a very hot dish, and serve at once. This, of course, can



be composed upon a small kerosene stove in a few minutes if the ingredients are ready. Those who like it can add a little chopped green chilli, a dust of Nepaul pepper, or a few drops of *Tabasco*. Boiled rice may be used instead of macaroni.

**Fish pudding.**—If properly made, is a very acceptable breakfast or luncheon dish. It may be described as a mixture of cooked fish and mashed potato, two-thirds of the former to one of the latter, well worked together over a low fire, moistened with any sauce that may have been left (or some ordinary melted butter with anchovy freshly made), one whole raw egg well beaten, and a seasoning of salt, pepper, and grated nutmeg; when well mixed and hot, turned into a buttered basin, or plain charlotte mould shaken firmly down, and set in the oven for ten minutes or a quarter of an hour; finally turned out upon a hot dish with some finely rasped crumbs shaken over all. A little sauce may accompany if liked. **Twice-laid**, as this dish is called by some, may be mixed as described, and served in a simple mould like mashed potato, streaked with a fork outside, and baked till it takes a pale brown tint. Chopped hard-boiled egg may be stirred into the fish and potatoes with advantage.

A similar arrangement can be made with hot cooked rice, or macaroni (the latter cut up small), instead of potatoes.

The *best* fish pudding, I think, is that made of pieces of cooked fish blended with a savoury custard and poached *au bain-marie*. Having prepared a mixture of cold boiled milk and eggs as if for custard and flavoured it slightly with anchovy sauce, choose a plain charlotte mould, butter it well and arrange the shredded fish therein, pouring the custard into it gently: when filled, cover with buttered paper, and carry out the process described

(page 142). This should be turned out, and served with any nice fish sauce. Or the mixture may be cooked in small moulds just large enough for one person each. Very nice cold for lunch with a *mayonnaise* sauce and salad.

A *purée* of cooked fish, pounded, with a quarter of its weight of bread crumb, diluted with a few spoonfuls of good sauce flavoured with a little anchovy, spiced pepper and salt, and bound by raw eggs, may be cooked in the same manner.

**Kegerée** (*khichri*) of the English type is composed of boiled rice, chopped hard-boiled egg, cold minced fish, and a lump of fresh butter: these are all tossed together in the *sauté*-pan, flavoured with pepper, salt, and any minced garden herb such as cress, parsley, or marjoram, and served in a hot dish

The Indian *Khichri* of fish is made like the foregoing with the addition of just enough turmeric powder to turn the rice a pale yellow colour, and instead of garden herbs the garnish is composed of thin *julienne*-like strips of chilli, thin slices of green ginger, crisply fried onions, etc.

**Croustades** of cold cooked fish are nice for luncheon for which purpose it must be chopped small and the *salpicon* diluted with a nice sauce, and flavoured with the essence of shell fish, or anchovies. See croustades, page 138.

For fish cutlets, *croquettes* and *rissoles* follow the process explained, pages 136-7.

NOTE.—A broth made of fish bones, with a few peppercorns, a sliced sweet onion, a bit of celery, a piece of lemon peel, and an *anchovy instead of salt*, moistened with milk and water in half and half proportion, yields you a capital liquid which, when strained and worked up with melted butter and flour, produces a far better sauce

for working up *réchauffés* of cooked fish than the usual one made with milk and water. In the case of boiled fish the *boilings* should be saved for use in this way for re-cooking.

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### Hashes and Minces.

Hashes and minces are, as a rule, regarded as unavoidable evils, and quite the most uninteresting forms in which food can be presented. There is certainly just cause for this opinion—the hash of hardened slices of meat or the leathery atoms of a mince diluted with a watery liquid dosed with Worcester sauce cannot be looked upon with satisfaction by anyone. The reasons for this are easily explained:—(1) No trouble taken in making a savoury sauce for the moistening of the meat; (2) the preparation, such as it is, allowed to boil, and so to harden; (3) the contempt of ignorant cooks for the re-cooking of food.

A careful study of the little code of rules which I have given in respect of the treatment of cold meat will, I hope, clear the air of any mistaken ideas on the subject.

**Hash** (*Émincé*).—Having cut and trimmed the meat (say one pound), and saved the scraps and trimmings, spread the former out upon a joint dish, sprinkle it with the following mixture:—two tablespoonfuls of Harvey sauce, two of mushroom ketchup, one of good vinegar, one of red currant jelly diluted, a teaspoonful of salt, and one of spiced pepper (or powdered herbs and a saltspoonful of mace), a couple of shallots sliced in rings, a teaspoonful of chopped celery leaves, and a tablespoonful of parsley. Let it lie in this—marinading, as it were, while the cook proceeds to make the broth for the sauce.

Put five ounces of minced onion, an ounce of celery or its leaves, two ounces each of carrot and turnips, a bunch of curly parsley, and a teaspoonful of dried herbs, into a good-sized stewpan with two ounces of butter or clarified beef suet, set over a moderately fast fire, and, stirring well with a wooden spoon, fry until the vegetables take colour. Moisten now gradually with three-quarters of a pint of hot broth, or water and half an ounce of glaze, a teaspoonful of Bovril, Liebig or Brand's essence. Add the scraps of meat and broken bones, lower the fire or draw the vessel to its edge, and let the contents of the pan come slowly to the boil; then simmer gently with the lid tilted, so as not to cover completely, for about half an hour; then strain the broth into a bowl, cool it and skim off all fat that may rise.

Mix a roux with half an ounce of butter and half an ounce of flour in a clean saucepan, add the broth by degrees, bring to the boil, skim, and pass the sauce through a hair sieve into the rinsed out stewpan: lay in this the slices of meat, strain the marinade into it, set it over a low fire and heat up gently till steaming but *not* boiling; dish in a very hot *entrée* dish, garnish with fried *croûtons*, and serve.

A tablespoonful of marsala claret, or burgundy; the pulp of a couple of tomatoes; or the strained yolk of an egg, may be added to improve the hash. The egg should be stirred in *after* the saucepan has been removed from the fire (*see* page 59). The tomato gives a piquancy to all hashes, and minces, superior to that which can be procured by vinegars; for this purpose tomato conserve is very useful. The selection of the wine is obviously a matter of taste.

NOTES.—To give a hash the flavour of venison (*see marinade*, page 129) wine can be put into the mixture

just described for an ordinary hash if liked. About a tablespoonful for the quantity fixed will be found enough. This certainly improves the dish. Tinned utensils affect the colour of a sauce in which *red* wine is mixed ; accordingly if claret, burgundy, or port be used select an enamelled iron or glazed earthenware vessel. If time permit the process mentioned in precept No. 7 regarding the treatment of cold cooked meat should be carried out.

**Hash with vegetables.**—Prepare the meat in the manner described for ordinary hash, and make the best broth you can with the bones and trimmings assisted by six ounces of onions, herbs, and seasoning. Mince quite small four ounces each of onions, carrot and turnip, an ounce of celery, and a tablespoonful of parsley, melt two ounces of butter or clarified suet in a stewpan, put in the minced vegetables, fry till colouring, mix into them an ounce of flour, and then begin to moisten by degrees with the broth (three gills), bring to the boil, simmer till the vegetables are quite soft, skim carefully, put in the meat and the *marinade* strained, warmed up gently, and serve like ordinary hash.

**Hashed lamb.**—This is very nice if marinaded in mint sauce. Proceed in other respects as for ordinary hash, but mingle the mint sauce *marinade* with the hash sauce to finish with.

**Navarin of lamb.**—Cut the cold lamb up in rather thin slices and set it aside : make the broth as for hash in the manner described but without glaze or essence and do not let it take colour. When this has been strained and skimmed, take half a pint of it and mix it with half a pint of boiled milk. Put six ounces of minced onion into a stewpan with two ounces of butter, fry over a low fire, adding one pound of finely cut young turnips ; stir

together without colouring, mixing in an ounce of flour: then moisten with the milky broth, and bring to the boil, simmering afterwards until the vegetable, etc., can be passed through a hair sieve, and stirring frequently during the cooking. Pass the *purée* through the sieve into a clean stewpan, put in the meat, set the pan over a low fire, and heat up its contents very gently; when quite hot, without boiling, take the pan off the fire and stir into it a tablespoonful of cream, or the yolk of an egg beaten with a coffee-cupful of the *purée*, and an ounce of butter. Dish like a hash.

**Mince** (*Hachis*).—Cut and trim the meat as if for hash, pass it through the mincing machine, dust it over with spiced salt and a little flour, and cover it up. Make a broth, and turn it to a sauce like that given for the hash. Put the mince into a stewpan, dilute it with enough sauce to moisten it nicely, add a spoonful each of Harvey ketchup and wine, stir this over a low fire until it is hot but without boiling, take it off, mix the yolk of an egg into it, and serve.

Having done this, you can diversify the methods of serving it as follows:—

1. (*Mazagran*).—Boil eight ounces of rice as if for curry, drain, return it to the hot vessel in which it was boiled, stir into it two ounces of butter (using a two-pronged fork), a breakfast-cupful of good tomato sauce, and the same measure of grated cheese. Mix well, season, and arrange the rice in a *légumière* making a hollow in the centre for the mince. Fill the hollow, cover the surface with rice, smooth over with a palette knife, dust over with raspings, and serve as hot as possible.

2. Make a case of mashed potato (*casseroles*), with high sides like a *vol-au-vent* case, and fill it with the mince.

3. Hollow out a number of small dinner rolls, and fry them a golden yellow: fill them, put a curl of fried bacon on the top of each, heat them in the oven for five minutes, and serve.

4. Make a number of little potato cases (*cassolettes*) page 138, and fill them in the same way: or, if you have them, use paper or china cases.

5. Make some pastry croustades (page 106), fill them when ready with the hot mince, and serve at once.

6. Or,—cut the paste in circles three-and-a-half inches in diameter, place a dessertspoonful of the mince in the centre of each, fold them over, pinch the edges all round, and fry a golden yellow in a bath of boiling fat (see *rissoles*, page 137). .

7. Arrange the mince in a hot dish, within a border of potato or rice, garnish with sippets of *fried* bread, fried curls of bacon, and slices of lime, and put a poached egg or two on the top of it.

8. Put it into a fireproof baking dish, or into silver or china *coquilles*, dust over the surface rasped crumbs or grated cheese, bake for a few minutes and serve on a napkin.

9. For ten ounces of finely minced meat allow three of minced bacon or beef suet; season with spiced salt, and stir into it two whole raw eggs with two tablespoonfuls of hash sauce. Stir well, put the mixture into a plain buttered charlotte mould, and poach *au bain marie* (page 142). Turn out after three minutes' rest, mask with hash sauce, and serve.

10. Stir over a low fire eight ounces of semolina or sooji with sufficient broth to form a rather firm paste.

Take off the fire and incorporate with it two ounces of butter, two ounces of grated cheese, and one whole egg. While it is hot, roll it out one-sixth of an inch thick, butter nine small open tartlet moulds, and line them with it. Fill up the hollows with mince, cover each with a piece of semolina paste, wet and pinch the edges securely, and let them get cold ; then take them out of the moulds, egg and crumb them, plunge them into boiling fat and fry till of a nice colour, then drain them well, garnish with fried parsley, and serve on paper.

With reference to garnishing, remember that *toasted* bread is not *fried* bread. Many native cooks fail to draw a line very carefully between the two ; and whereas a crisp sippet of fried bread is an agreeable adjunct to minces and hashes, sodden, slightly smoked *toast* is not.

### Miscellaneous.

Bacon is valuable with all *réchauffés* of meat, and poached eggs are acceptable when served on the surface of hashes and minces. Ham and tongue, I need scarcely say, if at hand, assist the flavouring of minces, *croquettes*, *rissoles*, etc.

Minced ham, tongue, and corned or pressed beef, either alone or mixed together, mashed up with well-boiled potatoes, hard-boiled egg, and melted butter, if cooked and served in the fashion of twice-laid, just described, make a nice dish for a change for breakfast or luncheon.

Macaroni and spaghetti with grated Parmesan, or any mild grated cheese, vary the monotony of warmed-up meats, and goes well with nearly every cold vegetable. For example :—

Having made a domestic *velouté* (page 64) with a broth



made from the bones, trimmings, etc., line a shallow pie-dish with a layer of macaroni, previously boiled till tender, fill the hollow with cold fish, rabbit, or chicken, pour the sauce over all, garnish with slices of tomato, dredge grated cheese over the surface, put it into the oven, bake till lightly browned, and serve. The same recipe is practicable with brown meats, only make a brown sauce to start with, instead of a white. Or, instead of baking, mix all together, in a stewpan over a low fire, and, when hot, serve piled up on a hot flat dish.

If not overdone, thick slices of tender cooked beef or mutton, can be effectively re-cooked as *filets mignons* or *noisettes* in a little good broth by the *bain-marie* process, and in this form will be found in every way acceptable at the little home dinner. The process precludes all chance of the meat becoming tough, so it is a mere question of taking pains with the broth, made as for hash but not thickened, and letting the meat marinade in it before the gentle heating-up takes place. These little fillets can be served with a garnish of *macédoine de légumes* or any nice vegetable. The best sauces are *soubise*, *soubise tomagée*, *brown soubise*, *Milanaise*, *Bordelaise*, *Navarre*, and *Madère*. The meat must be really juicy, or, in plainer terms, must have been slightly underdone in the first instance.

Batter plays its part effectively amongst *réchauffés*. Any nice mince prepared as for *croquettes* (page 136), rolled in slices of *cooked* bacon, then dipped in batter and fried in lots of fat, presents a very fair *cromesqui*. Fish fillets dipped in the same way, and fried, are nice, and so are fillets of rabbit or chicken (*see* next chapter).

Finely shredded fish incorporated *with* batter, that is to say, worked into it, and fried in seething fat by dropping the mixture into the pan by small spoonfuls at a time,

produces a dish of nice fritters—suitable for lunch or breakfast.

Another nice little dish, also contrived with batter, is the **crêpe de poisson**, or indeed of anything. The *crêpe* is a pancake. Spread a nicely made *thin* pancake out upon a flat dish, let it get cold, then brush beaten egg over its surface, upon this lay very thin slices of cooked bacon slightly smaller each way than the *crêpe*, over the bacon spread a layer of any nice mince, well worked as if for *croquettes* with a carefully prepared sauce to give it moisture and cohesion. Allow this to rest a quarter-of-an-hour, then roll the *crêpe* over, enveloping the mince, brush it over with egg, and dredge finely sifted raspings over it. Now lubricate a baking sheet with clarified suet, lift the *crêpe* with a slice, lay it on the sheet, sprinkle it with melted butter, and push it into a moderate oven. As soon as the surface takes colour, remove the sheet, dish the *crêpe* on a hot dish, garnished with parsley or water-cress, and serve. One of the sauces just mentioned for cold meat fillets might accompany.

Cold cooked vegetables, such as cauliflowers, beans, onions, Jerusalem artichokes, and vegetable marrows, may be mashed up with potatoes, or alone, diluted with melted butter, *velouté*, or milk with the yolk of an egg beaten into it, dusted over with grated cheese, and cooked *au gratin*. Mixed root vegetables may be cut into dice and warmed up in white sauce, *à la macédoine de légumes*, and cold peas, sprigs of cauliflower, French beans, and sprouts may be turned about in butter in a *sauté*-pan, and served *à la maître d'hôtel*. Recipes for the treatment of vegetables after their cooking will be found in the chapter which treats of vegetables. All warming up of vegetables other than baking should be conducted in the *bain-marie* pan.

No more useful present could be given to a young lady commencing housekeeping than a set of silver, or silver-plated *coquilles* (scallop shells). Served in these inviting-looking little dishes, a mince, or *réchauffé* of vegetables, is worthy of a place at any table. A *purée* of artichoke, capped with finely grated cheese, any cold fish, minced game, even the remains of a macaroni *au gratin*, sent up in this tasty manner, seem ever so much nicer than in an ordinary way. The shells should be buttered and the mince or chopped vegetable—well diluted with sauce to keep it nice and moist—should be arranged in dome shape and smoothed with a palette knife dipped in hot water. The surface should be sprinkled over with cheese or finely rasped crumbs, and a little melted butter. Heat in a moderate oven, brown the crumbs with a hot iron salamander-fashion, and serve the shells tastily on a napkin. Crisply fried curly parsley may garnish them.





## CHAPTER XVII.

### *Luncheons.*

WITH a judiciously selected list of guests, a prettily arranged table, a light yet artistic *menu*, and a "cup" of champagne, moselle claret, sauterne, hock, or chablis, well iced and not spoilt by spice, over-flavouring of herbs, or sugar, a luncheon or French breakfast party is a very pleasant form of entertainment. In composing the *menu*, avoid adhering in any way to the order and style of a dinner. Thus you need not give any soup, but lead off with oysters accompanied by brown bread and butter, and the usual adjuncts. When oysters are not procurable or out of season, a dish of *hors d'œuvres* in the Italian style may be presented. Coffee with liqueurs should be handed round to finish with.

A *menu* comprising some half-dozen dishes at the outside, carefully contrasted one with another, and by no means dinner-like in their order, may be selected from the following:—

Oysters, or savoury *canapes*, *olives aux anchoirs*, or an *antipasto* of *hors d'œuvres* as aforesaid, for which see later on.

A dish of eggs dressed in one of the modern styles, or a good *omelette aux légumes* or *fournée* with oysters, shellfish, mushrooms, truffles, etc., etc.

Fish *au gratin*, in *coquilles*, *boudins*, *côtelettes*, or fricasseed with cucumber fillets; or cold in the form of *mayonnaise* or a *mousseline* or *crème* with one of the cold sauces.

A *Poulet à la casserole*, ducklings *à la Dubois* (page 179), fillet of beef cooked entire and served in slices, with horseradish sauce, *Béarnaise Valois*, or *crème d'anchois*, garnished with potatoes *frites*, or *sautées*; or a dish of mutton, or lamb *noisettes* or *côtelettes* with good sauces:—*Navarre*, *suédoise*, *soubise tomagée* *D'Uxelles*, or *Provençale*, with *purée de pommes de terre*, and appropriate vegetable garnish. A *navarin*, *ragoût* or *haricot*.

Pressed beef, cold *marinated* lamb, *galantine*, or chicken with tongue or ham on the sideboard, with a plain French or other salad.

In the cold season *terrines* of game, pie, brawn, *chaud-froid*, *pain* or *crème* of chicken or game might be selected.

A hash of *marinated* mutton (page 129) carefully made, or a *salmis* of game.

Macaroni or spaghetti *à l'Italienne*, or *au jambon*, *fourré*, etc.

Curries—which are better adapted perhaps for luncheon than dinner—with their accessories.

Fruit salads or compotes with cream, or in jelly; fancy pastry, such as *éclairs*, *petits choux*, *meringues*, etc., *omelettes au rhum*; or *à la Célestine*.

Savouries of any nice description, or cheese, with green butter, cream cheese, *pailles au Parmesan*, etc., might follow the sweet dish.

The soups best adapted for service at luncheon parties are delicately flavoured *clear* mulligatunny, *consommé aux œufs pochés*, or any nice *clear consommé* prettily garnished.

For a small luncheon party, after the *antipasto* I would give a dish of fish, or dressed eggs, followed by a simple cutlet or little fillet with a nice sauce and vegetable garnish; a *galantine*, cold lamb, a chicken salad, or a *mayonnaise* on the sideboard; a sweet, and cheese or a good savoury. Compose, in short, a little *menu* of mixed dishes, introducing some nicely cooked cold or hot meat about the middle of it. *Mayonnaises*, chicken or shellfish salads, *terrines* of game with good jelly and aspics with *foie gras* or shellfish *à la tartare* are always safe dishes to choose for luncheon parties. *Omelettes*, whether savoury or sweet, when well made, and good savouries are generally popular.

Recipes will be found in other chapters and in the *menus* for the various dishes that have been mentioned. A few examples may be given, however, of uncommon *relevés* specially applicable to luncheon parties.

**Longe de mouton farcie.**—Procure a loin of mutton, bone it, lay it on a board skin downwards, brush the upper surface with a beaten egg, spread over that a half-inch layer of veal stuffing (page 177), dotting over it two ounces of fat bacon cut into half-inch dice, and the kidney similarly cut. Now roll the meat up, and secure it in shape with ties of string or tape. Take a *fricandeau* or stewpan large enough to hold the roll, put into it two ounces of clarified suet, melt this over a moderate fire, and then stir in, minced quite small, three ounces each of onion and carrot, half one of celery, a dessertspoonful of parsley cut up, and a teaspoonful of “spiced pepper” with one of salt; fry all together, adding a teaspoonful of Bovril or Lemco, lay the roll of meat upon the top of the vegetables and fry it with them briskly till it is coloured; now moisten with warm broth made from the bones; just bring to the boil, and then simmer gently till done—

about two hours enough. Lastly, take out the meat, remove the strings, trim the extremities neatly, lay it on a flat dish made hot to receive it, cover closely; pass the vegetables and broth through a hair sieve, put the *purée* thus made over a quick fire, skim off all fat, add a gill of tomato *purée* or conserve, pour over the meat, and serve with tomatoes *gratinées* (page 228), in a ring round the meat, alternated with rolls of crisply cooked bacon. To cook rolls of bacon, lay them, after rolling, in a small baking-tin and put that into the oven; watch, turn, and, when cooked crisply, take the tin out, and use the rolls as directed.

NOTE.—In all cases when a boned joint is chosen for luncheon it is highly advisable in the cold season to prepare it in part the day before. The bones and trimmings can then be set to make a broth without hurry. During the night the meat may be *marinated* (see page 129). In the hot season the work should be commenced as soon as the meat arrives from market, the bones being put in for broth at once (see page 156) and the meat *marinated* till eleven o'clock for a two o'clock luncheon.

This recipe can be followed in respect of a piece of the brisket or ribs of beef, or a shoulder or breast of mutton or lamb. The stuffing can be varied obviously, see Chapter XII, goose and cashu-nut being both good for a change. In like manner the garnishes can be altered from time to time, see the chapter on that subject. *Spaghetti à l'Italienne*, and *riz tomate* are very good for this purpose.

**Pièce, or Entrecôte de bœuf à l'Italienne.**—Select a piece of the fresh brisket or ribs of beef about three pounds or so in weight, prepare it exactly as just described

for the loin of mutton, but instead of veal stuffing use this: Mix in a bowl three ounces of bread crumb, two chopped hard-boiled eggs, two ounces of suet, a teaspoonful of spiced pepper, one of salt, a tablespoonful of minced lean of bacon, and two raw eggs. Lay this over the upper surface of the piece of boned ribs, roll, and secure it with tapes, and cook to commence with as in the last recipe in so far as the preliminary frying in clarified suet is concerned but only using the onions and parsley without the other vegetables. When the meat is nicely coloured, pour in a pint of hot tomato *purée*, diluted with sufficient of the beef bones broth to produce the consistency of thinnish gravy-soup, just bring to the boil and then slowly simmer the *entre-côte* in this, the vessel part covered till it is done, turning it occasionally during the process—it ought to be kept at least three hours at a gentle heat: when ready to serve, take the pan from the fire, strain off the *cuisson*, place the meat upon a very hot dish, remove the tapes, divide the *entre-côte* into neat portions, arrange them so as to overlap each other, garnish with *spaghetti* or rice *à l'Italienne* all round the margin of the dish, and, after removing the fat from its surface, pour a little of the *cuisson* over the meat put the rest in a sauce boat, and serve

**Épaule d'agneau farcie.** Choose a nice shoulder of lamb or choice mutton, bone, and, following the previous receipts, spread over its upper surface a farce composed exactly like goose stuffing (page 177), substituting mint leaves for sage. Cook this like the loin. When done, cut the roll into convenient disc-shaped portions, arrange these overlapping one another, mask them with *purée* of cucumbers, and serve surrounded by neatly shaped cooked cucumber fillets. As this is a white dish, the meat should be moistened with milk and broth in half



proportions, and some of this, strained, should be blended with the cucumber *purée*. The preliminary frying should be stopped before the meat or vegetables take colour.

**Carré, or Côtelettes de mouton à la bonne femme.**—A neck of mutton should be got for this. With the scrag and trimmings make a broth, and trim the best end neatly as a small joint. The broth should be made the previous day, if possible.' For the luncheon dish put the broth on to boil, then slip in the piece of best end, with four ounces each of onion, turnip, and carrot, an ounce of celery, a bunch of parsley, a *bouquet garni*, and a seasoning of pepper and salt. As soon as boiling point is reached again, draw the vessel back and simmer gently until the meat is tender (about one hour and a half if the fire be kept quite low), then strain off the broth, keep the piece of mutton in the empty pan covered with a hot cloth and with the lid on.

For the garnish, which should be prepared while the meat is being cooked, you want three ounces of blanched onion, a couple of pounds of sorrel that has been picked, washed well, blanched for five minutes in boiling salted water, and drained of all moisture, one small cabbage lettuce, also blanched and drained, and two tablespoonfuls of butter. Take a quart stewpan, melt the butter at the bottom of it over a low fire; put it into the onion very finely shredded, fry this gently till it turns a pale yellow, and then add half an ounce of flour, the whole of the sorrel and the lettuce also finely cut up. Stir the vegetables about in the melted butter till they begin to change colour, and then moisten with a quarter of a pint of boiled milk; stir this well, and put in a teaspoonful of powdered white sugar, three saltspoonfuls of salt, and a good dusting of black pepper. Add another gill of milk and let the vegetables simmer for about fifteen minutes, stirring them

to prevent their catching at the bottom of the pan, till they assume the consistency of a thick *purée*, when they should be passed through a wire sieve. Add a tablespoonful of cream or butter and they will be ready to accompany the cutlets. Dish as follows: If for *Carré*, entire, simply garnish with the *purée* round the joint. If for *Côtelettes*, neatly detach the cutlets from the cooked best end, trimming off any excess of fat. Upon a very hot flat dish make a bed of the garnish, shaping it with two wooden spoons. Over this, arrange the cutlets overlapping each other, and mask them with a little sauce *blonde* made with their *cuisson*, sending round the remainder of it in a boat.

**Côtelettes fourrées à la Milanaise.**—Cook a neck of the best mutton as in the last case. Let it get cold. Divide it into six neat cutlets, trimming them carefully. Make half a pint of reduced *soubise tomatée* (page 65). Lay the cutlets upon a buttered baking-dish, brush over the upper sides with beaten egg, and then mask neatly with the sauce, smooth with a palette knife, dust over them a coating of grated Parmesan, push the dish into the oven, baste with a little melted butter, and keep it there till the masking is nicely coloured. Serve in this way:—Make a bed of mashed potato in a round dish slightly higher in the centre and sloping towards the edge; arrange the cutlets upon it masked side upwards, and garnish the margin of the dish with a ring of cheese biscuits.

For the masking:—Reduce the sauce over a brisk fire, stirring continually until it is thick enough to coat the spoon well. Cool, and then mask the cutlets as described. Dilute what is left of the masking with a gill of broth, and finish it with a tablespoonful of cream, or the yolk of an egg, and use for the sauce which is to accompany the dish.

**Côtelettes à la Catelane.**—These cutlets are cooked in the same manner as *Côtelettes fourrées à la Milanaise* but the covering thick sauce is made of half a pint of thickly reduced white sauce, into which a tablespoonful of minced ham, one of minced mushroom, and one of grated Parmesan have been mixed.

**Côtelettes à la Nelson.**—As above, masking with plain sauce *soubise*.

**Côtelettes à la Périgord.**—Also as above, mask with stiffly reduced sauce *Madère* with which a tablespoonful of minced *foie gras* has been mixed.

**Poulets à la Fermière.**—Cut two, three parts grown fowls in halves, season them with pepper, salt, and powdered rosemary. Use the giblets for a broth for sauce (page 63). Take a stew or *fricandeau*-pan with high sides, lubricate its surface with two and a half ounces of clarified suet, lay the half chickens upon this, putting in with them three ounces each of minced onions, carrots, turnips, and French beans; with an ounce of parsley; season over all with spiced pepper. Cover the pan closely, and keep it over a low fire for five minutes. After that push the pan still closely covered into quite a slow oven and cook for three-quarters of an hour without touching the vessel. Dish the birds surrounded with the vegetables, add to the liquid in the pan half a pint of brown giblet broth sauce, and half a sherry-glass of marsala, mix, boil up, skim, add a teaspoonful of minced tarragon, pour over the birds and serve, with a nice salad.

**Poulet sauté.**—A tender fowl, not quite full-grown, should be chosen for this. Cut it up as if for *fricassée*, setting the giblets, pinions, and trimmings on for a broth for a sauce as in the foregoing case. Lubricate a *sauté*-pan with an ounce of clarified suet and a tablespoonful

of salad oil, heat this over a moderate fire, and then put in the pieces of chicken, fan the fire—it ought to be fairly brisk but not very quick—and turn the chicken about so that the pieces may be “seized,” then put the pan into the oven, and finish the cooking. Watch the process and take out the tender breast pieces first for they will be done before the thighs and legs. When all are cooked pick out the pieces, put them in a hot *entrée* dish, cover them, and prepare a sauce to finish them with as in the case of *poulet à la fermière*. Pour this over the chicken, and serve. Fried *croûtons* of bread with olives, mushrooms, little balls of potatoes separately cooked, etc., can be used for garnishing the dish.

**Fricassée de poulet.**—Cut up a tender fowl or large chicken and make a broth with the giblets, etc. Fry the pieces of chicken as in the last case but do not let them take colour, using an ounce and a half of butter instead of oil and suet; sprinkle them with a tablespoonful of flour, stir well, then take the pan off the fire, and begin to moisten its contents with the hot broth, assisted by a gill of boiled milk; set over a low fire and stir well for seven or eight minutes, then allow the *fricassée* to simmer very gently until the chicken is perfectly tender. Now take out the pieces, arrange them on a hot *entrée* dish, cover them closely, strain the *cuisson* into another stew-pan, adding two raw yolks of eggs, and a tablespoonful of cream, stir well over the fire without boiling, pour over the chicken, and serve. Fillets of cucumber, *fonds d'artichaut*, mushrooms, olives, cashu-nuts and *croûtons*.

**Fricassée de poulet à la Livournaise.**—Proceed as in the previous case but add two tablespoonfuls of finely grated cheese to the sauce, blend three ounces of separately cooked *spaghetti* with the chicken, and garnish the surface of the dish just before serving with discs of tomato.

Rabbits make an acceptable change in the luncheon bill of fare, especially if cooked in the style of the *gibelotte* as given in the Chapter on Game. Ample time is required for these stews; operations should be commenced at half-past nine for a one o'clock meal. That excellent dish, boiled rabbit smothered in onions (*à la soubise*), is generally spoilt by over-quick cooking. As a matter of fact, it ought scarcely to *boil* at all, for, after reaching that temperature, the process should be changed at once to gentle simmering without acceleration till the cooking is completed. I cannot too often emphasise the fact that the toughness and indigestibility of English domestic cookery are wholly caused by hurrying the work.

Rabbits can be cooked as above, and for a change "smothered" with potato and onion *purée* (*à l'Irlandaise*), with Jerusalem artichoke *purée* (*à la Palestine*), with young turnip *purée* (*à la Navarin blanc*), with grated cheese mixed with *soubise* (*à la Milanaise*), with *soubise* and tomato (*à la Toscane*), etc. A tablespoonful of chopped capers or gherkins may be scattered over the masking.

Chickens may be treated exactly in the same way.

The following suggestions may be useful for ordinary **Domestic Luncheons**:—

A chicken neatly cut up as for a curry, then dipped in well beaten egg, rolled in bread-crumbs, fried a golden brown, and served with *Hollandaise*, tomato, *soubise*, *fines herbes*, or good bread-sauce, and garnished with fried parsley.

*Perdreux au chou*; or two partridges cooked, and smothered in onions or with other *purée* as just described for rabbits.

The undercut of the saddle, cut out entire, grilled over a brisk fire, and sent in with potato chips or *duchesses*—or

a juicy neck chop similarly cooked and served—with a pat of *maitre d'hôtel* butter melting over either of them.

*Poulet au gratin*: split a chicken as if for grilling; get the cook to pick out as many of the bones as he can without penetrating the skin; part-cook the bird by giving it a few turns in butter in the *sauté-pan*. Then put it on a dish with another over it, weighted, to keep it flat. When cold, brush over its upper surface with beaten egg, and spread over it a half-inch layer of good *farce à gratin de foie* or cashu-nut stuffing, smooth this, egg and crumb it, and then put the chicken in the oven to finish it.

Roast snipe, or pigeons *bardés* with potato chips.

*Canapés* of prawn or game; curry puffs; or little patties of puff-pastry filled with any tasty mixture.

A savoury *omelette*, spinach or tomatoes with buttered-egg, garnished with little cheese biscuits.

A dish of French beans or peas, tossed in butter with dice of fried ham or bacon; or cold with a little cream or *Hollandaise froide*.

*Coquilles* of fish *en réchauffé*, or of any delicate vegetable.

Indian corn, if the cob is quite a young one, boiled, stripped with a fork from the cob, tossed in melted butter, peppered, and salted.

Cheese *fondues en caisses* or a little cheese *omelette*

Savoury toasts of all kinds.

The previous chapter should be consulted in respect of *réchauffés*.

For an easily made 'sweet' there ought not to be much difficulty in making a selection. The sweet *omelette*, *soufflé*, *omelette-soufflée*, etc., cost little trouble, and are quickly made. Besides, it is at luncheon that the excel-

lent plain puddings peculiar to the English school of cookery seem to be specially appreciated.

For lunch out of doors, travelling, and in circumstances when time is an object, the sandwich is of course an invaluable stand by. It can be made in many ways, and, with the exercise of a little discretion, in great variety: here are a few good ones:—

New spongy bread is of no use whatever for this branch of work. A close-grained bread made of imported flour is the best for the purpose, and this should be at least a day old. In this condition it can be cut thin with a smooth surface and clean edges. A very sharp carving knife is required for the operation. An eighth of an inch is about the proper thickness.

Use the best butter and be liberal with it, not only on account of the good effect it produces in respect of the combination, but also because it is answerable for the close adhesion of the bread to the preparation it encloses.

*Purées* of game: wild duck, teal, partridges, snipe, hare, etc., in which the pounded or finely-minced meat is moistened to paste with a strong gelatinous *fumet* extracted from their bones and trimmings (page 91) and set in a cold place till firm, form excellent materials for sandwiches. They should be worked up with butter and spread on the bread in the usual way.

Good home-made potted ham, tongue, corned beef, or game may be used in the same manner.

Chicken or turkey may be cut into julienne-like strips, and arranged with an equal quantity of ham, tongue, or *foie gras* similarly cut, between slices of bread spread with *ravigote* butter. Fancy butters, judiciously selected, are of great value in sandwich making.

Slices of *galantine*, *pain*, or *crème*, whether of meat, fowl, fish, or game, make excellent sandwiches.

Sandwiches of *foie gras* may be composed either with strips of the *foie gras*, or with remnants of a *pâte* pounded with butter to a smooth paste.

The forcemeats given in Chapter XII (pages 180 to 185), and especially the curried forcemeat given later on, steamed in a plain charlotte mould according to the recipe recorded, page 142, and allowed to get cold, can be used for sandwiches with good effect. Also the following:

Shredded or grated ham, tongue, or pressed beef associated with very thinly sliced fat of ham, tongue, or corned beef, as the case may be.

*Purées* of shellfish, seer or pomfret, mixed with a little gelatinated *Hollandaise* or *Mayonnaise* sauce.

*Purées* of preserved smoked salmon (lax), anchovies, sardines, tunny, Finnan haddock, or Yarmouth bloaters, softened by *Hollandaise* or *Mayonnaise* and a little cream, or pounded hard-boiled eggs and plenty of butter.

Fillets of anchovies or lax laid upon bread spread with *Montpellier* butter with strips of cucumber or minced olives between them.

Prawns, pomfret, or seer-fish shredded, set in gelatinated *Mayonnaise* sauce, with finely shred lettuce and garden-cress scattered over the surface of the mixture before closing the sandwich.

The same set in Madras langouste, prawn or crab butter.

*Caviar* with a sprinkling of lemon juice and seasoning of Nepaul pepper laid upon bread spread with *maitre d'hôtel* butter.

Mock crab, made according to the recipe, page 372.



Gruyère or cheddar grated finely into a mortar and pounded with an equal weight of butter, a teaspoonful of good vinegar and one of made mustard to every two ounces of cheese, with a seasoning of salt, black pepper, and a little Nepaul pepper.

Hard-boiled eggs crushed in a mortar with an equal weight of butter, a dessertspoonful of finely-minced parsley and chives, a teaspoonful of vinegar being added for every three eggs, and a seasoning of salt and Nepaul pepper. Or, sharpened with a teaspoonful of minced capers instead of vinegar, and flavoured with chervil and strips of cucumber. A tablespoonful of grated ham, beef, or shredded lax, with the powdered eggs, is a third variety ; while chopped anchovies or sardines with garden-cress give another.

*Curry Sandwiches* : Cut up and pass the meat of a cold curry through the mincing machine. Bring the mince to the consistence of smooth paste by mixing any cold curry sauce or gravy with it and a little butter. Use in the usual way.

The seasoning of sandwiches depends, to a great extent, upon their component parts, which, in most of the instances I have given, are already seasoned. The best for ordinary use is seasoning (*c*), page 176, or (*d*), page 176, for oriental composition. Nepaul pepper is the best hot pepper.

The most useful condiments and accessories are plain mustard, French mustard, horseradish mustard, chutney, vinegar, capers, gherkins, red-cabbage pickle in small quantities, green chillies and capsicums—also in small quantities and pounded if possible—and olives.





## CHAPTER XVIII.

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### *Sideboard Dishes.*

**I**N this chapter I propose to speak of the preparation of joints or large pieces of meat, poultry, etc., for cold service, suitable for Luncheons and Suppers. To commence the subject, a few words may be useful in respect of

#### **Salting Meat.**

The general rules of this branch of kitchen work may be given as follows :—

For salting purposes you should procure a wooden tub, sufficiently large, to hold a hump, a brisket of beef, or a fair-sized leg of mutton.

You cannot commence operations too soon in a hot climate; the fresher the meat for pickling, the better.

Rub the meat, after having cleaned and carefully wiped it, with salt, etc., *at once*, and take great pains that no part is omitted: all indentations, and holes caused by skewers, should be scrupulously salted.

If you keep the meat in brine, see that it is completely covered with it, a weight set upon it to keep it down, and the tub itself covered with a piece of *cumbly*.

A common syringe is a capital thing to use for salting work,—especially for large joints,—squirt the brine all over the meat, penetrating all cavities and chinks.

A good pickle brine need not be wasted : after you have cured one joint, boil the liquid up again, skimming off the scum, add a quarter of the recipe to it and it will be fit to receive another piece of meat.

To cure a tongue of from three to four pounds weight, the following ingredients are required :—

Best bazaar salt .....	1½ lbs.
Bay salt ( <i>Ind-oopoo</i> ) .....	1 lb.
Saltpetre .....	.1 oz.
Spiced pepper ... ..	1 ,,
Moist sugar .....	.6 ,,

First, rub the tongue—after cleansing and wiping it thoroughly—with the bazaar salt, and the operation will expend about a quarter of a pound of the former. When satisfactorily salted, put the tongue aside, and let it drain for the rest of the day to get rid of any blood that it may still contain.

After rubbing in the salt, proceed to make the brine as follows:—Take a roomy enamelled saucepan and put into it the remaining bazaar salt (about a pound), the bay-salt, saltpetre, and sugar, moistening with three quarts of cold water. Boil for twenty minutes, removing all scum as it rises, when clear of scum and well boiled, the brine may be set to get cold.

The tongue, having been drained, should be placed in the brine in the evening, where it ought to remain for two or three days at the least. Better if a week or ten days be given.

If to be smoked the tongue must be drained from the brine, and then hung to dry in the smoke of the kitchen fire for a couple of days, after which it may be considered fit to use. Wrap in paper, and hang the tongue well above the reach of heat from the fire during the smoking stage, and soak it a little before cooking in cold water.

A tongue that has merely lain in brine for two or three days may be cooked at once without smoking; soaking is then unnecessary; but a well smoked tongue requires soaking, according to the degree of dryness it may have attained, from two hours upwards.

The above process can, of course, be depended upon for preserving tongues for much longer periods. I can recommend it to sportsmen who, after killing deer or bison in the jungle, hardly know what to do with the good meat thrown upon their hands. A brine tub for tongues and humps would not seriously increase their impedimenta, and a moderately quick servant could soon master the secret of curing. Artificial smoking, if desired, can easily be managed out in camp, and the ingredients I have named can be carried out of cantonment without much trouble. Never mind if a tongue seem to shrivel up after the smoking stage, in the soaking which it must receive before cooking, it will revive wonderfully, and regain its original proportions.

**Dry salting.**—Pickling in brine is the safest method to adopt in hot weather, but on the Hills and in the cold season meat can be cured by the following process: Mix half-an-ounce of saltpetre with four ounces of brown sugar and a pound of salt and rub the meat with it in every part daily for eight days. After three days the scum which issues from the meat should be taken away, and the meat, wiped carefully, should be rubbed again with salting mixture in the same proportions. Meat

undergoing this treatment should be turned twice a day so as to change the side on which it lies. It should be placed in a deep earthenware dish protected by a gauze wire cover from the flies.

To cure a hump, brisket, aitch-bone, or piece of the silver side of beef, proceed as recommended for the tongue; you will have to add to the quantity of the ingredients according to the size of the joint, but the principles are the same. Smoking is, of course, not wanted, and the joint can be lifted from the brine on the seventh day and cooked; no soaking will be then necessary. Cover the tub containing the meat during the pickling period, and keep the latter submerged in the brine with a weight over it.

A **mutton ham** is capital thing for rough travelling times, the meat should be cured exactly as the joints of beef just spoken of, or by the dry process.

**Spiced beef.**—Choose a nice brisket, or a fleshy piece of the flank for this operation. Remove all bones. Rub the joint well with salt, and let it lie in the brine already described for about two days. Then spread it out flat, dry it, and lay a coating of the following spices over the inside (in the same manner as you would spread jam over the paste before making a rolypoly pudding) :—half-an-ounce of cloves, half-an-ounce of peppercorns (ground), half-an-ounce of mace, a tablespoonful of finely-minced parsley, half one of marjoram, the chopped rind of a nice yellow lime peeled very finely, and a dust of Nepaul pepper: roll up the brisket and tie it tightly with a string. Cook it patiently until tender (page 168); set it, when done, under a weight; when cold, remove the string, trim the joint neatly, glaze it, and when the glaze is dry, the beef may be considered ready for the table. A recipe for glaze will be found in Chapter VIII, page 100.

**Pressed beef**—should come to table in a rectangular shape: saltpetre is not wanted in its curing unless you require the red colour which is generally liked in humps, briskets, etc. The meat is nicer and more tender without it. Choose a nice fleshy piece of the flank, with fat and lean, pretty equally balanced. Rub it carefully with salt, and “spiced pepper,” and let it rest in brine (with or without saltpetre) for not less than sixty-two hours: then drain it dry, wipe it, and cook it gently (page 168); till nice and tender. When done, set it on a dish with a weight above it, and let it get quite cold. The weight must then be removed, and the joint must be neatly trimmed in a rectangular form with a sharp knife. It is a mistake to *over-press* these pieces of beef: no more weight should be used than sufficient to cause the meat to become solid and firm when it is cold. Plain garnish of *aspic croûtons* with parsley or water-cress will be sufficient.

Tongues have an annoying habit of curling themselves round, contracting, that is to say, as they get cold after cooking. To combat this unsightliness, and straighten the tongue, Ramsamy generally thrusts a good thick wooden skewer straight through it from end to end, which he withdraws before sending the dish to table, the consequence of which is that you find a strange ugly cavity in the centre of the tongue which spoils every slice you cut from it. If you want to straighten a tongue properly, you must place it while hot upon a clean board,—the lid of a packing case for instance,—in the position in which tongues are always presented to you in England; pin it down to the board by driving a strong steel carving fork through the root end, stretch it straight, and secure the tip by a sharp skewer also driven into the board: support the tongue in shape by weights on either side, but not

over the top of it, and let it get cold. When quite cold, you may release it, glaze it, let the glaze set, and then serve the tongue.

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### Brawns.

Brawns can be made of any meaty substances possessing a strong gelatinous property, such as calves' heads and feet, pigs' heads and trotters, ox cheek, palates and feet, etc. But as these parts are not very savoury by themselves it is necessary to salt them slightly, and to associate with them tongue, corned beef, scraps of ham, Bologna sausage or bacon to improve their flavour. Brawns must be made while the meats prepared for them are hot, in order that the maximum of the solidifying power of the gelatine may be secured. The meat should be sufficiently tender to be torn in pieces by two strong forks rather than neatly cut, for cleanly cut edges do not adhere so closely in the mass as those that are rough

OX-HEAD BRAWN.—Choose a small ox-head and split it in two, cut out the eyes, break the bones of the jaws, remove the brains, bone it, and treat it exactly like the tongue (page 284), keeping it in brine for a week. When wanted, wash and scrape but do not soak it. Then put it into a stewpan with cold water enough to cover it liberally. Bring to the boil very slowly, skim, and then add vegetables and flavouring as if for soup; and simmer gently for an hour-and-a-half or until the meat and skin are quite tender, and can be separated easily by two forks: now strain the head from the broth, and vegetables, tear the meat to pieces whilst it is hot and juicy, *en masse* rather small, seasoning it with salt and spiced pepper whilst doing so. If you have no spiced pepper, mix a teaspoonful each of powdered dried thyme and marjoram,

blend with a teaspoonful of pepper, and a saltspoonful of powdered mace, and dust it freely into the meat. When seasoned, broken up, and mixed, add to it half pound of cooked ham, bacon, tongue, or corned beef that has been gently warmed in a little of the head broth. This should be cut up in irregular pieces, both fat and lean, and stirred among the pieces of head.

Now, having previously got ready a round brawn tin, put into it by large spoonfuls at a time the prepared hot meat, pressing the layers down firmly, and placing a weight on the top when the packing is completed. Put this in a cold place and leave it all night to set. The next morning it can be turned out whole, and served for breakfast or lunch. The broth in which the meat was cooked should be blended with the soup stock, for it will be gelatinous and strong—the proper basis, in fact, for a good mock turtle.

NOTE.—Although veal is not often procurable in the Madras Presidency, the head and feet of an immature ox—often as small as an English calf—can be got without difficulty.

Wherever clean-fed pork is to be got, an excellent brawn can be made with half a pig's head, say four pounds, half a pound of cooked tongue, and a pound of slightly salted cooked brisket or flank of beef. Prepare and cook the pig's head as in the foregoing recipe, with the beef, and warm the tongue; tear up the meats whilst they are hot, season as before explained, stir the mixture well together, press the whole tightly down in a brawn tin, and let it remain for a night with a heavy weight above it. When required, dip the tin into hot water to loosen the outside of the brawn, and it will slip out fully formed, and ready for the table.

**Rabbit brawn.**—Procure two ox feet, an ox tongue or



three sheep's tongues, and three rabbits. The tongues should be slightly salted for three or four days. Bone the rabbits, put the meat aside, and crush the bones and the heads; put the *débris* into a stewpan with the calf's feet cut up, cover with cold water, bring slowly to the boil; add twelve ounces of odds and ends of stock vegetables, with seasoning of pepper and salt, and simmer gently until the feet are sufficiently done for you to pick the meat from the bones. Now strain off the broth, let it get cold, put it into a stewpan with the tongues, add a glass of marsala, with more water, if necessary, to cover, and cook the tongues slowly until they are tender. Now take out the tongues, leaving the broth in the stewpan, and in it stew the rabbit meat. While this is being done, peel the tongues, and as the rabbit becomes tender, put them into the pan again with the meat picked off the feet; heat all together, stirring gently over a low fire and gradually reducing some of the broth; then take out and tear the rabbit meat to pieces with two forks, cut up the tongues and the meat of the feet, add ten ounces of cooked fat bacon cut into dice, stir all together with a little of the hot broth, season with herbs mixture (*a*), and with it fill a brawn tin, pressing it well home, lay a weight over it, and leave it in a cold place for twelve hours; then turn out the brawn, trim, glaze, and garnish it.

**Game brawn.**—An excellent brawn can be made on the lines of the above by substituting the meat of a hare for the rabbit, with the flesh of a brace of partridges, or a mixed assortment of game.

In choosing a brawn tin it is better to select one of narrow, rather than broad, dimensions—one eight inches in diameter will be found conveniently sized. This advice is given with a view to carving, which is much easier when the surface is not too extensive.

**Galantines.**

These are, of course, particularly suitable for luncheon parties, and suppers.

Choose a very fine fowl, capon, or hen turkey, from three-and-a-half to four pounds in weight; have ready one pound of uncooked chicken meat, two pounds of fat bacon, and a pound of cooked tongue. Having plucked and cleaned the bird, preserve the giblets carefully, scald them, cut them up small, and put them on the fire, covered with water to make broth.

Next lay the bird breast downwards on a board, and proceed to bone it—an operation which Native cooks perform very well—you may sever the pinions, legs, and neck, but draw the skin carefully over the places, and sew them up, so that the outer skin may be as whole as possible. Cut off all the meat from the pinions and legs (removing the sinew) and flatten the boned bird smoothly with a cutlet bat. Break up the bones that have been removed, and add them to the giblets that have been set to make broth, adding water to cover the whole, and, when once boiling, the vegetables recommended for *pot-au-feu*, page 28.

Now make a forcemeat with the chicken meat and one pound of the bacon, pounding them thoroughly and seasoning the mixture with one ounce of spiced salt (*see* page 181).

Blanch and cut up the remaining pound of bacon in squares about three-quarters of an inch in measurement, and treat in a similar manner the piece of tongue.

To make the foundation of your work as level as possible, you should trim nearly all the meat of the body of the fowl, with a very sharp knife, almost to the skin; the

meat that is thus detached should be kept with that of the wings and legs.

These things having been done. the packing of the *galantine* should be proceeded with :—

First, spread a layer of the forcemeat, three-quarters of an inch thick, evenly over the fowl, upon that a layer of your slices of the bird, then a layer of tongue and bacon squares, upon that another layer of the meat you cut from the bird, over that a second spread of the tongue and bacon squares, and, lastly, a thick layer of the forcemeat. Between each layer there should be a dusting of spiced salt.

Fold over this the flattened fowl, disturbing the layers as little as possible, and sew the *galantine* up securely with fine twine. Envelop this in a clean cloth, and tie it up carefully with cross strings to preserve the oval shape of the *galantine*. Set this in a deep stewpan, cover it well with the giblet and bone broth, in which a claret glass of chablis has been introduced, and let it boil once, then cover the stewpan, and draw it back to simmer gently for three or four hours. When done, lift it off the fire, and let the *galantine* get cool in the liquid for one hour, then drain it, take off the cloth, wrap it in a fresh dry one, and place it on a dish with a heavy weight above it. When quite cold, take out the *galantine*, melt off any fat that may be attached to the skin, wipe it carefully, and glaze it a pale brown colour, setting it in the ice-box, and finally serving it garnished with neat croûtons of aspic jelly, lettuce leaves, etc.

A *galantine* to be *correct*, should, of course, contain a certain allowance of truffles: these should be first warmed in broth and a little marsala, and then introduced during the packing operations, according to the artistic taste

of the cook, in fairly large pieces; truffle trimmings should be minced fine and added to the forcemeat. Little dice of fresh liver are effective if dotted about in the layers of tongue, and pistachio nuts are an improvement. A nice flavour can be got by putting in with the layers of tongue and bacon dice similar sized pieces of Bologna sausage, or a freshly opened *pâté de foie gras*.

**Galantine à la chasseur.**—This may be described as a blending of game with the meat of the bird in a galantine of turkey, and using game forcemeat No. 4 instead of veal, the assortment for the centre of the galantine being one-third turkey, one-third game, and one-third fat of ham, each cut into squares with a sprinkling of ham or tongue and truffles cut into dice, the whole slightly moistened with a game essence. The cooking and completion as before described.

**Galantine of saddle of mutton.**—This, for a special occasion, makes a good dish for a large luncheon party or for a picnic. Order the saddle to be cut rather long with about three bones of the best end of the neck attached to it, saw off the chump end, but do not shorten the flaps of the flanks. Lay it skin downwards on the board, remove the kidneys, fat, and inner fillets. Next detach carefully the rib bones, following them, one by one, with the knife, until the spine is reached; gradually detach this also without severing the outer skin. This is a mere matter of patience, a steady hand, and a short sharp knife. In the end the whole frame of the saddle will thus be taken out, and the meat can be flattened out upon the board. Proceed now to make cashunut stuffing (page 178), and with this line the inside of the saddle, laying over it half a pound of fat bacon in squares, the fillet meat and kidneys sliced, finishing with a layer of the stuffing. When this has been neatly arranged, draw the

ends of the flanks together, enclosing the stuffing, etc., and sew it up all round, wrap in a cloth and for the rest follow the directions given for galantine of fowl. In packing the inside of the saddle, leave a good margin at the ends, and decrease the stuffing, etc., somewhat on either side of the centre to facilitate the bringing together of the skin.

**Brisket of beef à l'oison.**—For this choose a thin piece of fresh brisket (about three-and-a-half pounds). Set it to marinade, bone it, and remove tendons and sinew; lay it flat upon a board, skin side under, flatten the surface with a cutlet bat, and lard it well or cover it with thin slices of cooked fat bacon, over this spread goose stuffing (page 177), roll up the breast, secure it firmly with string, and wrap it in a cloth, tie this securely and cook in the manner described for galantine, finishing in the same way. The effect of this is to give the meat the delicate flavour of gosling.

**Galantine of sucking pig** (*cochon de lait*): Having scalded, cleaned it, and removed its head, lay the pig on a board back downwards opened down the middle: saw off the fore legs at the knees, and the hind legs at the houghs. Then bone the animal entirely. With a sharp knife, trim the superfluous flesh of the legs and shoulders, and use it when packing the *galantine*, viz:—line the little animal with goose stuffing, chopping up and mixing with it the liver, kidneys, and heart; lay the meat of the legs and shoulders over this, then fold the pig in shape, securing it with tapes, and cook it as explained for galantine in broth extracted from its bones and trimmings. The head should be boned, the meat being used in packing the *galantine*, and the bones in making the broth. Use spiced pepper for seasoning.

### Poultry.

Ordinary **boning** for galantines is, of course, commenced, after cutting off the legs at the first joint, wing, pinions, and neck, by an incision along the centre of the back, the skin and flesh being detached right and left, and care being taken not to penetrate the skin.

There is, however, another method, a very useful one for certain dishes, which may be described as boning from the breast—*i.e.*, the work commences, after cleaning and cutting off the head of the bird, by skinning the neck as you would an eel. On reaching the breast the neck is cut off, and the merrythought bone removed; by passing the knife carefully along it, the bone of the breast is next extracted, and then the side bones. At this stage it is for some dishes unnecessary to go any further. The vent having been sewn up, the whole of the cavity of the bird is filled with forcemeat, etc., through the neck end until it resumes a plump and firm appearance. The skin of the neck is now drawn firmly under the bird, and sewn securely to it between the shoulder bones. Trussing is then carried out, and as the legs, thighs, and wings have been left untouched, the fact of its having been boned in any way does not become apparent until carving commences. The preparations for the filling of the bird may be varied considerably. This process is most handy for small turkey hens, capons, poulardes, and fine fowls.

NOTE.—It should here be noted that the removal of the merrythought bone only is a step that should be taken in respect of *all* birds for which the stuffing of the crop is recommended, while, as a matter of convenience, to the carver it is always appreciated. The operation is very easy, and with a pair of nippers the forked bone can be clipped at the fork, and coaxed out without tearing the flesh.

**Chapon, ou dinde à l'ivoire.**—The bird for this dish is stuffed in the crop with mushroom stuffing made somewhat differently from that given in Chapter XII, which is too brown: Six ounces of button mushrooms (the bottled ones will do for this) pounded with four ounces of breadcrumbs and four of ham or bacon fat, lightly seasoned with a teaspoonful of powdered rosemary or mixed herbs, salt, and white pepper, and bound with two whole eggs. The merrythought should be removed before filling the crop with this. Truss the bird as if for boiling, and cook it in *blanc* as described in Chapter XI, page 167. Let it get cold in its *cuisson*, then take it out, wipe it dry, and mask it with rich ivory masking got by adding the yolk of an egg to a pint of white *chaudfroid* sauce, which, of course, should be made with the *cuisson* of the bird. The simplest garnish of aspic and water-cress or parsley should be chosen for this. A star cut out of the former may be arranged on the breast of the bird, which may be placed on a flat *socle* of decorative aspic, or rice. See page 109.

**Dinde farcie à la Parisienne.**—Remove the merrythought as in the foregoing case, and fill the crop with a forcemeat composed of *Farce à quenelle de volaille*, (page 183) with which truffled *foie gras* cut into inch squares should be blended. For a hen turkey of fair size a tin of Hummel's *pâté de foie gras*, size 12, should suffice, with half the quantity of forcemeat mentioned in the recipe. The bird should be cooked by simple braising in *mirepoix*, or good broth, in which it should be allowed to get cold. If working on a large scale for a supper necessitating the provision of, say, four capons or dindes, a preserved *foie gras au naturel* and pint measure of truffles could be distributed among them. A *Dinde farcie* should be prepared for the table by glazing and simple

garnishing. It can be set upon a *socle*, of course, if desired.

**Dinde farcie à la Bonsard.**—For this variation in the preparation of a hen turkey or fine capon proceed as for *Dinde farcie*, without the addition of the *foie gras* and truffles. Gently braise the bird trussed as for boiling. When done, let it get cool but not cold, then take it out, wipe it dry, place it on a board, remove the trussing strings, and with a sharp knife, assisted by nippers for the side bones, remove the breast entirely; do not disturb the stuffed crop, which should now be firm. This process will give you a hollow case of *poularde*, with the wing, thigh, and leg bones intact on either side of it. The hollow must now be packed in this way: Make the “forcemeat for creams” (page 184) adding two eggs to give it extra firmness; the meat may be chicken or rabbit, uncooked. Also make about a pint of good *blonde* or *velouté* sauce, the basis of which can be got from the giblets and trimmings of the bird, rabbit bones, and veal trimmings used for the forcemeat. The sauce should be reduced to the consistence of rather stiff batter. Next cut into julienne-like strips all the meat removed with the breast; put these cuttings into a bowl, add a *foie gras au naturel* cut into similar strips, a half-pint measure of cooked truffles cut into dice, half a pound of cooked tongue cut into dice, and half a pound of cooked fat of ham similarly cut. Moisten this with the stiff sauce. Now line the hollow with a coating, an inch thick, of the forcemeat, fill the centre with the contents of the bowl, shaping it dome-wise, so as to resemble a plump breast, and cover all with a good layer of forcemeat, smoothing it over with a palette knife dipped in hot water. When this work has been completed to satisfaction, place the bird upon a buttered



baking tin, brush the breast with melted butter, and put it into a very moderate oven to set the forcemeat properly, and when that has been done withdraw it, put the pan into a cool larder, and let the bird get cold. When quite cold, take it from the pan, trim it, brush off any fat that may adhere to it, glaze it, or mask it à l'ivoire, and set it upon an aspic *socle* surrounded with a good garnish.

**Dinde farcie à l'Indienne.**— Bone completely a hen turkey as for ordinary galantine, commencing with an opening in the skin down the centre of the back, and, as in the case of galantine of fowl, cut the meat level, leaving a skin case as it were with not more than half an inch of meat remaining attached to it. Cut up all the meat thus removed into half-inch squares, put these into a bowl with an equal quantity of fat of ham or bacon similarly cut and half a pound of lean ham cut into dice. Mix together, seasoning the meats well with oriental seasoning salt (page 176), and a dessertspoonful of finely rasped green ginger. Let this rest, stirring it occasionally while you make a **curried farce** as follows:

With a pound of the best mutton make a very good semi-dry curry, reducing the moisture, that is to say, until the consistence is like that of jam: this should be turned out upon a dish, cooled, and then pounded and passed through a wire sieve into a bowl. Two whole eggs having been mixed into the *purée* and four ounces of finely shred fat bacon, the farce is ready. If, with the addition of the eggs, it appears too moist, bring it to the desired consistence of a farce by the addition of a few spoonfuls of bread-crumbs. Using this mixture in the manner described for the farce for fowl galantine, spread a layer of it over the surface of the boned turkey and over that arrange the mixed meats which were cut up and seasoned in the first

instance, covering all with the remainder of the farce; bring the sides of the bird together, sew it up all round with thin twine, wrap it in a cloth, which should be scalded and wrung out before being used, and tie the roll securely at each end and at three-inch intervals. Braise this simply as already described and finish as usual with glazing and garnish.





## CHAPTER XIX.

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### *Fritters.*

**F**AILURE in respect of the many excellent dishes which come under the head of "fritters" may be attributed to four things: The first, improperly made batter; the second, a wrongly shaped utensil; the third, an insufficiently brisk and even fire; and the fourth, an inadequate supply of the frying medium. If these points be carefully attended to in the manner to be explained in this chapter, the operation will present no difficulty whatever.

The system is applicable also to all *friture* work, or "wet frying" as it is called to distinguish it from *sauté*-work, and is to be adopted for the frying of fish, *rissoles*, *croquettes*, etc., etc.

Fritters, sweet, as well as savoury, can be made with vegetables, and fruit; fish, both fresh, and cooked; remains of cold meats, strips of cheese, and, lastly, by batter alone in the form of "*beignets soufflés*," etc.

As the main point in this kind of frying consists in providing a *bath* of fat for the thing to be cooked, it is essential that a deep, rather than a broad and shallow,

vessel should be chosen for it. The ordinary frying-pan sold at hardware shops is of no use whatever for this branch of the cook's work. See Chapter II on kitchen equipment. In that chapter I recommended a wire stand or drainer for use in this branch of work, upon which things that have been fried can be set to dry thoroughly, either in the oven's mouth or in front of the fire. No particle of grease, however minute, should remain on a fritter, or be traceable on the paper upon which it is served.

Besides the kettle, the wire frying-basket is useful for some things. This utensil is also referred to in Chapter II. But for ordinary work a *perforated* slice or stock spoon will do well enough. When there are such things as chip potatoes, several small fish, or a fairly large thing to be cooked, the basket comes in well.

For the Indian kitchen the best frying medium undoubtedly is clarified beef suet, for which I give directions in Chapter XXIV. Butter, besides being too expensive, is not to be recommended for this kind of frying, as it heats very quickly and is apt to burn. Oil is an excellent medium, but it is apt to boil over unless slowly heated, and is also expensive. Good ghee (*beurre épuré*) made at home, or procured fresh and clarified as explained for suet is very good for some things, but I prefer suet.

**A standard Batter** (*pâte à frire*)—the best for all *friture* work is made as follows: Not less than two hours before the cooking is to take place mix four yolks of eggs with four tablespoonfuls of the best salad oil. Incorporate with this mixture thoroughly seven ounces of flour and a saltspoonful of salt. The flour should be dry and of the best quality. Work this now, with care, to a smooth paste, adding sufficient *lukewarm* water to bring it to the consistency of a thick sauce, and continue to

beat it for at least ten minutes. If the batter appear too thick, add a little water until its consistency is satisfactory—*i.e.*, it should cover the spoon when lifted out of it with a coating about the eighth of an inch thick. As soon as this is done, the mixture should be put in a warmish place, covered with a cloth. Just before using, add the froth of two of the whites of the eggs well whipped.

This recipe may be reduced for a small dish of fritters by exactly one-half. The rules of the process are these:—

1. Make your batter, to begin with and place it in its bowl on one side, covered up with a cloth. This should be done two hours before final operations.

2. Prepare your fish, meat, vegetable, fruit, or whatever you are going to cook, and arrange the pieces on a dish neatly. See that they are dry.

3. When the time arrives, put the dish of things to be fried on a table handy, with the bowl of batter next to it. At this period the whipped white of egg should be added to the latter.

4. Take your frying-kettle, see that it is thoroughly clean and dry.

5. Set it over a bright charcoal fire, and empty whatever you use as a frying medium, into it bountifully.

6. When melted, the fat ought to be quite two inches deep, yet with sufficient space in the pan above it to preclude all fear of boiling over.

7. Put a half-inch square of bread on the point of a skewer and determine if the fat be hot enough by thrusting this into it: if the bread fizzes briskly and produces large air bubbles, the fritter bath is ready. If smoke rises from it, the fat is too hot.

8. Now dip your morsel to be fried (well dried, or the batter will not adhere to it) into the batter, which should be of sufficient consistency to coat it nicely; plunge the frying-basket into the fat, and slide the fritter into it carefully.

9. The fritter must be *covered* by the fat, not partly in and partly out of it.

10. Now fan the fire steadily, let the fritter frizzle, stir gently with a fork, and when of a rich, deep golden tint, lift up the basket, and hold it a moment or two over the pan so that the fat may drain off.

11. Lay each fritter, as you take it from the basket, on a dry, clean cloth, or on a sheet of new white blotting paper, to complete the draining. Or lay them on the wire drainer, and either put this into a slack oven or near the kitchen fire.

12. When the fritters are quite dry, dish them on a paper in a very hot dish, and, if savoury fritters, give them a dust of finely powdered salt; if sweet ones, shake a canopy of powdered loaf sugar over them.

13. Fritters can be fried one after another. Never put in more than the pan can easily hold at one time. Revive the heat of the fat before each relay.

14. The fat having been cooled for a quarter of an hour after the operation should now be poured through muslin into a clean bowl: if clarified suet, it will harden, and be fit for work again until it assumes a leaden tint, which may take place after it has been used two or three times. Re-clarifying in boiling water will tend to make it whiter.

15 It must be remembered that fat in which *fish* has once been fried must be reserved afterwards for fish only, as it acquires a fishy taste. To prevent accidents it is a

good plan either to label the bowl containing it with the word "fish," or to use one of a different colour from the others.

**NOTE.**—It should be specially noted that the proper consistence of the batter is a most important matter. If too thick, it will not coat the fritter evenly, forming lumpy parts here and there which will be leathery, while the whole covering of the fritter will not be crisp throughout in any part. The addition of the whites of egg thins the batter, so, if it be made *slightly* thick in the first instance, the correct consistence will be then obtained.

**The Crolesqui.**—This, the best of fritters, can be made of various good things: Oysters and other shellfish, minced fish of any kind, game, *foie-gras*, or any delicately composed mince of fowl, or of meat, with tongue or ham. Three things are needed in its composition:—The mince or *salpicon* just mentioned, the little jacket of fat bacon in which it is enveloped, and the batter in which it is dipped. The bacon should have been previously cooked, and cut into thin slices, two-and-a-half inches long and one-and-a-half deep: two oysters, or a heaped-up teaspoonful of any *salpicon*, should be laid in the centre of each: the jacket must then be folded over it very neatly, fixed with white of egg, and kept ready for the dipping process, which must be carried out cautiously. The frying should be conducted as already described.

**Salpicon.**—For *crolesquis* of chicken, turkey, or meat, mince the meat rather coarsely, the pieces being cut like little dice, and stir into it, in a saucepan on a low fire, just sufficient domestic *velouté* to moisten it; add the yolk of an egg, turn this into a soup plate, and let it get quite cold and firm; then divide it into little portions, and fill your bacon slices. Minced truffles and mushrooms are, of course, undeniable improvements to any *salpicon*.

For a fish *cromesqui* :—Mince the fish, stir into it, in a saucepan on a low fire, a few spoonfuls of well-made white sauce, add a little seasoning, with a pat of butter and the yolk of an egg, when off the fire, and set it to get cool and firm.

**Orlys**, or dishes *à la Orly* as they are sometimes called, are also of this school. They are made of chicken, fish (soles especially), oysters, etc. The two former having been trimmed in neat filets, are marinaded (as described for angels on horseback) for two hours, then drained, wiped, dipped in batter, and fried. Careful draining and drying must follow, and fried parsley is the usual garnish.

**Orlys of oysters**, or *huitres à la Orly*, known also as “angels on horseback” are oysters plainly dipped in batter and fried according to this method. Prepare the oysters in the manner described for oyster sauce (page 66), drain, save the liquid for a fish sauce and set the oysters *en marinade* all the day in a soup plate, with the juice of a lime, a few thin slices of onion, seasoning of pepper and salt, and a few sprigs of parsley; turn them occasionally till they are wanted, then lift them out and drain on a cloth. Oyster fritters thus treated form an excellent garnish, and may be served with boiled or fried fish, or a dish of *filets de bœuf*.

**Huitres à la duxelles**.—Choose Bombay oysters of a good size for this; cook as explained above, and press them between two dishes till they are cold, then split each oyster open, almost as wide, comparatively speaking, as you do a kidney. Put a small allowance of D’Uxelles (page 92) upon the cut surface, close the oyster like a sandwich, let it set, then dip in batter and fry.

I have already indicated the vegetables which, when cold after cooking and draining, make good fritters. The



process is exactly the same as for other fritters. Selection can be made from very tender little brinjals, both kinds of artichokes, sprigs of cauliflower (*choufleur en bouquets*), or neat fillets of celery, cucumber, and vegetable marrow.

**Fish Fritters.**—Pound a good tablespoonful of cooked fish or boiled prawns in a mortar with half an ounce of butter, a fillet of anchovy or a few drops of anchovy sauce, and a little fish broth; when quite worked to a *purée*, incorporate it *with the batter*, and drop the mixture, not too thickly mixed, by dessertspoonfuls at a time into very hot fat; stir with a fork, let the fritters cook till they turn a rich golden colour, and are as crisp as biscuits, then drain dry, dust over with salt and serve them on a napkin with crisply fried parsley.

**Beignets:** Fried in this way – dessertspoonfuls of plain batter, well seasoned, produce *beignets*, or, as some call them, pancake fritters, which may be either sent up as a savoury *entremets* to be eaten with butter, pepper and salt, or as a sweet one, when they must be dusted over with powdered sugar and served with cut limes. In the latter case, a spoonful of brandy or liqueur, mingled with the batter, improves their general effect.

**Sweet Fritters.**—All fruit fritters can be cooked in the batter I have described, a tablespoonful of brandy or liqueur and sugar being incorporated with it—peaches, apricots, plums, pears, and apples, pineapples, oranges, and bananas. For the five former and pineapples we can use preserved fruit; those that come to us from America are firm and specially to be recommended.

Whatever fruit be chosen, let it be set, if possible, *en marinade* in a little liqueur, brandy, or rum. Delicate fruits require liqueur; for pineapple, banana, and orange fritters, either rum or brandy will do. A wineglass is

enough for a good dish. The fruit, sliced, and prepared for the *beignets* should be laid in a soup plate, dusted over with sugar, and sprinkled with the brandy or liqueur. After an hour the slices should be turned over, basted again, and this should be repeated during the afternoon, until they are required by the cook. The brandy or liqueur used for the *marinade* should be mixed in the batter. The pieces must be wiped dry and floured before they are dipped in the batter. Orange quarters and slices of *ripe* bananas may be used raw, but the slices of pineapple must be stewed till tender. Unless perfectly ripe, it is a mistake to attempt to do anything with a banana—as a fruit.

**Beignets soufflés.**—In a small stewpan put one and a half gills of water, two ounces of butter, a few drops of lemon essence, and half an ounce of sugar. Put on the fire and, when the butter comes to the surface, take the pan from the fire immediately, add seven ounces of finely sifted flour, mix, and, when smooth, stir over the fire with a wooden spoon for a few minutes to dry the paste. Remove the pan again, let the paste partly cool, and then add, one by one, two whole eggs and the yolks only of two more. The paste ought now to be stiff enough not to spread out when a lump of it is dropped from the spoon.

Now melt the clarified suet in the friture pan. Take the paste, divide it into little portions with a teaspoon, drop each upon a floured board, roll them into balls, and arrange them on a buttered slice so that you can plunge them in small detachments at a time into the fat. Test the latter; it must be somewhat less hot than for fritters—*i.e.*, a crumb thrown in should only produce a slight fizzing: put in the first detachment of little balls, and fan briskly to accelerate gradually the temperature of the fat. Move the balls gently in the pan, and when they turn an

even golden colour, drain, dry, and treat as fritters, sprinkling them with finely sifted sugar. Lower the heat of the fat, and go on with the next detachment.

**Beignets soufflés au Parmesan.**—Omit the lemon and the sugar, and stir in with the flour two ounces of finely grated Parmesan, completing exactly as described for *Beignets soufflés*.





## CHAPTER XX.

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### *The Omelette.*

WITH a little skill by no means difficult to acquire, and moderate forethought in the matter of materials, the Anglo-Indian should always be able to rely on giving himself a good *omelette*, for the operation is as practicable in camp, at the traveller's bungalow, or by the road side, as in the back verandah in Cantonment. Eggs, concerning which there is no difficulty, charcoal and a broken chatty to hold it, a properly shaped *omelette* pan, a tin of good preserved butter, salt, pepper, and a bottle of dried parsley represent the requirements of the case, and thus provided everyone should be in a position to turn out a capital dish, very rapidly, at any time, and anywhere. An *omelette* for two can be made over a good spirit lamp in a little eight-inch pan.

Fettered by tradition, Ramasámy, as a rule, is somewhat mistaken with regard to this branch of his art. He sends you up a very nice pudding, symmetrical in design, of a good consistency, and of a rich brown colour. You almost require a dessert-knife to help it. In addition to the eggs (the whites of which he whips separately), he

puts in a little flour, some milk or a little water, and, in point of fact, makes a lightish sort of *batter*. This he mixes, vigorously whips, and fries in a fair amount of ghee, folding it into shape, and keeping it on the fire till it is nice and firm, and coloured as, I before described. The fact is that he has never seen the real thing, and does his best to produce a substantial dish. In respect of one kind of *omelette* he is not far wrong, as will presently be shown, and he is easily taught how to make the one I am about to describe.

Now I have never come across a book in which the making of an *omelette* was thoroughly explained. Many writers indeed seem unable to grasp the fact that their readers may possibly know nothing at all about it. I picked up the little I know on the subject when on the line of march from Bangalore to Secunderabad at Pennaconda in the Bellary District, where I was entertained by a member of the Madras Civil Service at a memorable breakfast which was finished by an *omelette* made by my host himself: Calling for a slop-basin, he broke into it four ordinary country fowl's eggs, whole, and added the yolks only of two more. He thus had six yolks, and four whites. These he thoroughly *mixed* by using two forks: he did not *beat them at all*. When thoroughly satisfied that incorporation had been effected, he flavoured the mixture with a saltspoonful of salt, a teaspoonful of very finely minced shallot, a heaped up tablespoonful of minced curly parsley grown in his garden. He stirred this for a minute, and, as far as its first stage was concerned, the *omelette* was ready. We now left the dining-room for the verandah where there was a good charcoal fire in an iron brasier, (a half chatty would have sufficed of course) and upon it a pan about ten inches in diameter, very shallow, with a narrow rim well sloped outwards. A pat of butter

was melted in the pan, sufficient in quantity to thoroughly lubricate the whole of its surface, and leave a coating of moisture about an eighth of an inch deep over all. As soon as ready, quite burning hot,—the butter having ceased to splutter, and beginning to brown,—with one good stir round, the mixture was poured into the pan. At the moment of contact, the underpart of *omelette* formed, this was instantly lifted by the spoon, and more of the unformed portion allowed to run beneath it; that was similarly quickly lifted, and the same process encouraged, the left hand, holding the pan, and playing it, as it were, from side to side: With one good shake, the pan (*in less than a minute from the time of commencing operations*) was now lifted from the fire, and its contents rolled off into the hot silver dish at hand to receive it, in which a little melted butter, with some minced parsley and shallot, had been prepared. The *omelette*, as it rolled, slightly assisted by the spoon, almost of its own accord from the pan, caught up, and buried within it, the slightly unformed juicy part of the mixture which still remained on the surface; and, as it lay in the dish, took an irregular oval form, of a golden yellow colour, flecked with green, with the juicy part escaping from beneath its folds.

This method, which my friend learnt when on furlough in the Black Forest is the one followed by the French *cuisinière*, producing what has been happily described by a learned Professor as “**an omelette by the first intention**” never forgotten by those who have tasted it at its best at the Hôtel Poulard on Mont St. Michel.

Timed by the seconds hand of a watch, an *omelette* of six eggs, cooked as I have described, takes forty-five seconds from the moment of being poured into the pan to that of being turned out into the dish. If done with

proper rapidity, it should be too light to present a fixed form, and on reaching the hot dish, should spread itself rather on account of the delicacy of its substance. It can never be made to resemble a neat bolster with tapering ends, an effect obtained by a different process.

An *omelette* flavoured in the manner described is generally known by *chefs* as *au persil frais*, and the plain one of eggs, pepper, and salt as *au naturel*. The mixture known as *aux fines herbes* should be composed of minced parsley, mushrooms, and truffles. Though cream is considered by some to be an improvement, I do not think it necessary. Milk is certainly a mistake, for it makes the *omelette* leathery. I confess that I like a very little minced onion in all savoury *omelettes*, but this is a matter of taste.

The proper equipment for this work is a ten-inch *omelette* pan of the correct French pattern in tinned-copper or steel, a tinned-iron spoon or plated tablespoon, and a pliant palette knife. A slice is often useful in dishing up.

The general rules of *omelette* making by this method may be summed up as follows :—

1. Mix thoroughly, but do not *beat* the eggs, and never use more than six as in the Pennaconda *omelette*.
2. It is better to make two of six, than one of twelve eggs. Success is *impossible* if the vessel be too full.
3. Three eggs, mixed whole, make a nice sized *omelette*.
4. Having a proper utensil, rather shallow, with narrow, well sloping sides, see that it is clean, and quite dry.
5. Do not overdo the amount of butter that you use for the frying :—enough to moisten the surface of the pan thoroughly and evenly and no more.

6. Be sure that your pan is *ready* to receive your mixture. If not hot enough, the setting of the under part at the moment of contact will not be effected, and you will have to mix it in the pan like scrambled eggs—(*œufs brouillés*).

7. The moment the butter ceases to fizz, and assumes a pale brown tint, the moisture having been expelled, the pan is ready.

8. Pour the mixture into the pan so that it may spread well over the lubricated surface; then instantly lift up the part of the *omelette* that sets at the moment of contact, and let the unformed portion run under it; repeat this if the pan be at all full, keep the left hand at work with a gentle sea-saw motion to encourage rapidity in setting, give a finishing shake, and turn it into the hot dish *before* the whole of the mixture has quite set.

9. Assisted a little by the spoont he *omelette* will roll over of its own accord, if the sides of the pan be sloped as I have described: it will not require folding.

10. Three-quarters of a minute is ample time for the whole operation, if the pan be properly hot when the mixture is poured into it, and the heat evenly maintained.

11. Have the hot dish close by the fire, so that you can turn the *omelette* into it *instantly*. A little melted butter, with some chopped parsley, may, with advantage, be put into the dish.

12. It is above all things necessary to have a very brisk fire under the pan while the *omelette* is being cooked. A brazier filled with live charcoal is the best kind of fire, and the fan must be vigorously plied from the moment that the mixture is poured into the pan. I have nevertheless cooked many a good *omelette* over a spirit lamp, and also over a gas jet.



**NOTE.**—Keep the *omelette*-pan for *omelette*-making only. Do not wash it. After each occasion of using wipe it well, using two cloths, and put it away. If any particles of egg adhere to it they can be removed by rubbing the vessel with hot salt and a little vinegar.

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### Another method.

A light, and very eatable *omelette* can be turned out by Ramasamy's method with certain modifications. I have said that he beats his whites of egg separately and goes on to make a sort of batter. Now the beating of the whites is not in itself an error: the mistake he makes is in thickening his mixture and over-cooking it. The correct way may be thus described:—

Break four eggs carefully, and separate the yolks from the whites, have ready parsley, onion and seasoning as in the former recipe, a clean and roomy *omelette*-pan, and an ounce and a half of butter. Whisk the whites to a stiff froth; with a fork mix the yolks well, adding to them the herbs and seasoning. Now set the pan over a moderate fire, put the butter into it, melt, and see that it covers the pan without leaving any dry spaces. When the butter is hot, but not browning, blend the yolks with the stiff whites, and put the mixture into the pan, smoothing over its surface with the palette knife. Let the bottom of the *omelette* set without touching it, keeping the fire moderate. In about two minutes examine the condition of things by detaching the edges, and note if the under part has set sufficiently to fold without breaking. As soon as this is observable, pass the palette knife completely under the *omelette*, double it over, and turn it into the hot dish ready close at hand. Dust it over with salt, and serve.

NOTE.—The upper or exposed part of this *omelette* not having been in contact with the pan is of course very lightly done and frothy. This, when the under part is doubled over it, becomes the centre of the *omelette* giving it the character of a *soufflé*. Yet it is not an *omelette soufflée* as it is sometimes called, for that is cooked in the oven as explained, page 355.

The flavour of *omelettes* may be varied in many ways. For this purpose, curly parsley and shallot or green stem of onion, minced marjoram or thyme, garden-cress (the companion, I mean, of mustard) or celery leaves, are agreeable, and many are fond of a spoonful of finely chopped green chilli or capsicum, omitting the seeds of course.

Chopped ham, tongue, bacon, and corned beef, are added to *omelettes* with good effect. The words "*au jambon*," "*au lard*," "*au langue de bœuf*," etc., specify the addition. Warm the minced ham, etc., in butter in a *sauté*-pan over a low fire independently, keeping it handy for addition to the *omelette* just before it goes into the dish.

Cold cooked vegetables, cut up and tossed in melted butter separately, may be thus added. I recommend small sprigs of the flower of the cauliflower, artichoke bottoms cut into dice, or Jerusalem artichokes sliced and cut up. Peas, the grains of Indian corn, chopped French beans, or the seeds of the bandecai or moringa pod are thus very pleasantly treated. In the case of an *omelette aux légumes*, a dust of grated cheese gives a pleasing finishing touch.

**Omelette aux tomates.**—Cut a pound of tomatoes into pieces. Mince two ounces of onions. Melt an ounce of butter in a small stewpan, cast into it the minced

onions, let them cook gently to soften without browning; then add the pieces of tomato, pepper and salt; stir well, and add a dessertspoonful of flour, continue to stir carefully till the tomatoes are cooked, which will be in about ten minutes, and pass through the sieve. Keep the mixture hot, and pour it over the surface of an ordinary *omelette* just as you are on the point of turning the latter out of the pan. The *omelette* will roll over of its own accord, enveloping the tomatoes within it as it passes into the dish.

**Omelette au Parmesan, Gruyère,** (or any mild dry cheese).—This is suitable either for the Pennaconda or Ramasámy's *omelette*. In the former case, allow a table-spoonful of grated and finely sifted cheese to three ordinary eggs, a seasoning of salt and black pepper, and a dessertspoonful of rich cream, if possible. Incorporate the ingredients, and proceed as directed for process 1. Dish just *before* all the juicy mixture on the surface quite sets, so that there may be an exudation of creamy moisture in the dish, and dredge grated cheese over the surface to finish with. By process 2, mix the cheese with the yolks before blending them with the whipped whites, serve as in the former case.

**The Curé's Omelette:** Described by Brillat Savarin in his "*Physiologie du goût*."—The salient feature of this dish was the combination of tunny and carp's roes by which it was garnished. A good imitation of it can be made in this way: For a six-egg *omelette*.—warm in butter over a low fire four ounces of cooked fresh seer, and three preserved herring roes very finely minced together, with a teaspoonful of minced green stem of onion, and a dessertspoonful of parsley, and add the mixture to a Pennaconda *omelette* just at the moment when it is ready to be turned into the dish.

If procurable, preserved tunny can be used instead of seer. Free it from oil, wipe it, and shred it with the roes. Lax may be used in the same way. It is possible to mix the mince with the *omelette* mixture and cook the whole thing in one process, but the appearance of the *omelette* is not as attractive as it is when the preparation of fish is introduced in the manner explained in the previous paragraph.

A capital *omelette* of this kind is made with shredded **kippered seer-fish**, made at home, as follows:—The fresh seer-fish should be split, washed, and dried with a cloth; salt, sugar, and lime-juice being well rubbed in immediately; the next day the rubbing must be repeated. Between the rubbings the fish must lie in salt, and salt must be sprinkled over it; on the third day it must be artificially smoked by being hung over a fire constantly replenished with damp coir, or shavings. After this, it should be hung in the cook-room over the fire, and it will be ready for the table the third evening. If you can get fresh roe for your *omelette* so much the better; if not, Madras preserved roe, well soaked and fried in butter, will be found an excellent substitute.

*Omelettes* can be served upon a bed of tomato *purée*, and dusted over with grated cheese. They may also be laid upon a *purée* of green peas, or of spinach. They may be improved with minced game, and a strong game gravy extracted like the *fumet* (page 146). Chopped mushrooms or truffles (previously cooked, minced, and tossed in butter) are, of course, very delicious additions to them.

When some special preparation is made, combined with a little rich sauce, and arranged within an *omelette* just as it is ready to serve, you have what modern artists call an *omelette fourrée*. These are presented in the neatest

shape and often highly ornamented and garnished. In obtaining this finished result however the *omelette* itself is, I think, deprived of the lightness which characterises the less pretentious dish of French domestic cookery.

For an *omelette* of six eggs, two ounces of butter are required for the cooking while one ounce cut into little pieces is mixed with the egg mixture. The eggs are mixed well but not beaten to a froth. When the butter has melted and is hot, yet not as hot as for the Pennaconda *omelette*, the egg mixture is stirred into it over a brisk fire and gently moved about with a fork to keep it from catching the pan; when half set the stirring is stopped, the *omelette* pan is given a toss, to loosen the *omelette*, and set on the fire again; when the setting is slightly more complete, the specially prepared composition is arranged on the surface and the two sides of the *omelette* brought together over it. The pan is now taken from the fire, a hot flat dish laid over it, and the pan and dish together reversed, thus bringing the bottom of the *omelette* upwards when the pan is lifted off it. The shape of the *omelette* is now improved by tucking the ends under it neatly, leaving no rough edges and melted butter is brushed over its surface.

**Omelette fourrée aux huîtres** may be taken as an example: prepare a dozen Bombay oysters as for sauce, page 66, taking care that the sauce in which the oysters are put is well reduced so that the mixture may be as thick as jam. Insert this in the manner just described, dish, and serve.

It will be easily understood that following this principle the minced shellfish, game, *foie gras*, truffles, ham, tongue, mushrooms, or mixture of any of these things must be moistened with a little well reduced sauce of a suitable

kind—brown or white as the case may be—just to add to its flavour, and bring it to a consistency which facilitates spreading over the *omelette* without sloppiness.

External garnishing, *i e.*, round the *omelette* and even along its surface, is often seen—*bouchées* or *croûtes creuses* containing an allowance each of the composition used for the packing for the former, and discs of truffles, tongue, ham, etc., overlapping each other for the latter.





## CHAPTER XXI.

### *Eggs.*

**A**LTHOUGH we know that there are numerous ways of cooking eggs nicely it is a fact that very few of us attempt to go beyond the ordinary methods which have been familiar to everyone since the days of excellent Mrs. Glasse, *viz.* :—Boiling, of course, where we cannot well go wrong, poaching and frying, in neither of which we are very successful, and, as a rule, a most feeble production in the form of buttered eggs. But where we fail most conspicuously is in varying the serving of eggs, even supposing that we succeed in poaching them nicely, or in turning out a well-made dish of buttered eggs. The cook falls back on toast (often badly done) and thus we eat our eggs, rarely if ever flavoured or garnished, with an adjunct of sodden sponge. Now the exercise of a little consideration would generally provide this improvement, and enable us to dispense with *toast* altogether.

The accessories which are more or less useful in egg cookery are :—Good butter, milk, cream for certain preparations, a little clear broth, meat glaze, herbs, and green stems of onions as used for *omelette*-making, tomatoes, cold cooked vegetables, and carefully sifted bread-crumbs, and raspings, the remains of fish, game, and

poultry ; grated ham, corned beef, and tongue, and slices of Bologna and other sausages, grated cheese, powdered Bombay Ducks, Madras prawn powder, and potted meats, and fish. Mushrooms come in handily in every method in which eggs can be treated, while all the shellfish are valuable. Truffles are of course used in certain extravagant dishes, take for instance :—*œufs brouillés à la Périgueux*.

The French white or brown fireproof china flat gratin and shallow baking-dishes, in sizes, coquilles, and small cases will be found continually useful in this branch.

To particularise the various ways of serving eggs we must adopt the classification of French cookery. Thus we have to consider separately :—

(a)—*Œufs sur le plat*,—eggs on a dish, set in butter.

(b)—*Œufs brouillés*,—buttered or scrambled

(c)—*Œufs durs*,—hard-boiled.

(d)—*Œufs mollets*,—medium-boiled.

(e)—*Œufs pochés*,—poached.

(f)—*Œufs en caisses*,—in little cases.

(g)—*Œufs frits*,—fried



### **Œufs sur le Plat.**

Butter the surface of a fireproof dish, dust over it a seasoning of pepper and salt, and slip the eggs into it, carefully avoiding breaking the yolks ; dust over again with pepper and salt, and put the dish in the chatty oven, arranging the charcoal on the cover for *top* heat, and scarcely any below.



• Let the eggs set in the butter, as a poached egg sets in water ; the moment they are sufficiently firm (about four minutes) serve in the dish in which they were cooked.

Another form of this old dish is **œufs au miroir**. The process is virtually the same, except that the yolks of the eggs are glazed with a small quantity of boiling butter ; the whites are sprinkled with salt to prevent their being *miroîtés*. The dish is then set in the oven in the same way as the foregoing till the yolks glisten as if they had been clear varnished, a merely decorative effect ; the flavour of the eggs is not affected in any way. *Œufs au miroir* are not served in the dish in which they were cooked ; they are neatly trimmed round, superfluous white being removed, lifted carefully with a slice, and dished on a flat china or silver dish with an appropriate garnish.

*Œufs sur le plat* can be served with at least forty variations, according to the adjuncts associated with them :—*au jambon, au langue de bœuf, aux herbes, aux champignons, aux truffes*, and so on. Take the first :—Sprinkle over the buttered dish a layer of grated ham, moisten with meat gravy or good broth a quarter of an inch deep, lay the eggs in this, and set the dish in the oven till the eggs are lightly set. Any nice mince, diluted with broth or gravy, not thickened, may be used.

**Œufs sur le plat au fromage.**—For this the eggs should be broken gently over very finely grated cheese that has been sprinkled over a good layer of butter in a fireproof china dish, then seasoned, put into the oven, and allowed to set ; they should be sprinkled with grated cheese before serving.

**Œufs sur le plat au jus.**—In this case the bottom of the dish is moistened with strong gravy—that saved from

a roast joint, for instance—the eggs are broken into it and the dish is put in the oven till the eggs are set.

**Œufs sur le plat aux anchois**—butter the dish with anchovy butter, slip the eggs upon this, and proceed as in the other cases.

**Œufs sur le plat des pêcheurs**—line the bottom of the dish with sardines carefully freed from oil and divided into fillets, season, and moisten the layer with melted butter, break the eggs and put them over this, finishing as usual.

By using minced herbs of any kind sprinkled over the butter at the bottom of the dish, a plain dish of *œufs sur le plat* is improved and varied. For this you can use:—parsley and shallot, chervil and shallot, parsley and marjoram, chervil or parsley alone, chopped young centre leaf of celery, and, of course, D'Uxelles—chopped mushroom, parsley, and shallot (page 92).

**Œufs à la Suisse.**—Choose a fireproof dish, and butter it liberally. Pour over the bottom of the dish a layer of cream, a quarter of an inch deep, over that shake a coating of well-grated cheese, an eighth of an inch deep, set this to cook in oven for a few minutes; when the cheese and cream have amalgamated, take out the dish, and, if wide enough to hold them without crowding, slip in the eggs, one by one, as carefully as you can—to avoid breaking a single yolk—give them a dust of white pepper, and salt, and gently pour a little more cream over the surface, coating it over again with grated cheese. Replace the dish and let it remain in the oven until the eggs have set without becoming hard.

The number of eggs obviously depends upon the size of the dish and the number of people who are to partake of

them. As a rule, a *plat* of four eggs will be found suitable for the little home dinner.

The part-cooking of the under layer of cream and grated cheese *before* the insertion of the eggs, is a special point, for it prevents the eggs being overcooked. This was communicated to me by Monsieur C., late *chef* to the Viceroy of India.

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### Buttered Eggs.

Now, although a well-known dish enough, it is by no means common to find a cook who can turn out buttered or (if the French word "*brouillés*" is to be correctly translated) scrambled eggs really well. The fact is that the operation is far more delicate than many believe, necessitating great care and no little judgment. The quantity of butter should be accurately weighed, it should be of really good quality, and put in as directed. Then the dish must not be kept waiting; it should be served as quickly as a *soufflé*. If cooked over a fast fire it will be lumpy and stiff, coming to table like a badly-cooked *omelette*, chopped up. The process must be conducted patiently if the true consistency ("*le point voulu, crémeux et délicat*," says Dubois) is to be arrived at.

Break four eggs into a bowl with a saltspoonful of salt and a dust of pepper: mix them well: weigh an ounce and a half of fresh butter: divide this into two equal portions, cut one of them up into small pieces, and put the other in a small saucepan over a low fire, melt it, pour in your mixture, whisk it lightly without stopping till signs of thickening show themselves, then take a wooden spoon, add the small pieces of butter, one by one, and stir it about unceasingly until it is lightly set. At this period a tablespoonful of *sauce blonde* or cream (if liked), should be

added, and then the saucepan should be taken off the fire, and the buttered eggs dished. The sauce can be omitted of course in the case of a plain dish for breakfast.

For flavouring buttered eggs an ordinary *omelette* mixture of parsley and green stem of onion can be used or any minced herb. Minced mushrooms, artichoke bottoms, and truffles, asparagus points, peas, etc., require a slight moistening with brown or white sauce, as the case may be. In all cases these additions should be made after the buttered eggs have been cooked, and at the last moment.

**Œufs brouillés aux anchois:**—Free from oil, wipe, and mince three fillets of anchovies, blend this with a tablespoonful of *sauce blonde* made on a fish stock basis, and mix at the last in the manner described.

**Œufs brouillés au fromage:**—About an ounce of finely grated cheese should be added to the four egg mixture just given: it should be mixed in with the small pieces of butter, and the finishing spoonful of *velouté* or cream must not be forgotten.

**Œufs brouillés soubisés:**—A spoonful of good *sauce soubise* mingled with the eggs as a finishing touch instead of cream or white sauce.

**Œufs brouillés tomates:**—A spoonful of tomato sauce added in the same way.

**Œufs brouillés aux grandes crevettes:**—Pick and mince a gill measure of cooked prawns, pound the shells as explained for prawn butter, Chapter XXV, and add the butter thus obtained with the minced prawns to the cooked eggs at the last instead of sauce or cream.

**Œufs brouillés à l'Indienne:**—A tablespoonful of good curry sauce softened with a teaspoonful of cream stirred in to finish with.

NOTES:—This method of dressing eggs in its plainer form is of course better suited for service at breakfast than any other meal, while the more elaborate variations that have been suggested can be served at French breakfast or luncheon parties.

Remember that *œufs brouillés* are served in France in the same way as an *omelette*, i.e., spread upon a hot silver *légumière* or china dish, garnished with neat *croûtons*, or *fleurons* of puff-pastry, or arranged over a *purée* of meat or vegetable. Many people think that the composition can only be used as a covering for *toast*. *Croûtes* of fried bread are not toast. Plain buttered eggs are very nice if served in a china *légumière*, dusted liberally with grated cheese, Madras prawn powder or powdered Bombay Ducks, and garnished with cheese biscuits.



### Hard-Boiled Eggs.

With eggs in this condition a great number of nice dishes can be made, both cold and hot. It will be found, however, in modern French cookery that many of them are so largely assisted by adjuncts of various kinds that you feel inclined to ask, "But where are the eggs?"

The simplest perhaps are the *croquettes*, *coquilles*, *bouchees*, *rissoles*, and *beignets*, which may be described as minced hard-boiled eggs blended with minced cooked mushroom, ox tongue, ham, anchovies, or other flavouring mince, moistened with a thick white sauce and nicely seasoned, set to get cold, then divided into portions, and, in the case of *croquettes*, rolled into nice shapes, egged,

bread-crumbed, and fried in plenty of hot fat till properly coloured. For *coquilles* the mixture is set in china or silver shells well buttered, and cooked in the oven; for *bouchées* it is put into little pastry cases and similarly heated; for *rissoles* it is wrapped in puff-pastry in the usual way, and for *beignets* dipped in light batter, in each case fried like *croquettes*.

A teaspoonful of flavouring mince is a reliable allowance for each egg; it can be varied according to taste and discretion in many ways; in fact, this is another case in which a thrifty cook may often find opportunities for the disposal of little bits of *foie gras*, truffle trimmings, etc.

**Œuf durs aux grandes crevettes:**—Make the *purée* as explained in Chapter XXV for prawn butter: moisten this over a low fire with sufficient *relouté* or milk to bring it to the consistency of an ordinary thick sauce, into this stir the hard-boiled eggs finely minced, set this in well-buttered shells, and heat in the oven: finely rasped crust crumbs should be shaken over the surface of each.

**Œufs durs au gratin:**—Boil six eggs hard, put them into cold water, when cold remove the shells, cut them across in slices, arrange these upon a fireproof china dish well buttered, setting them in layers, and seasoning each layer with pepper and salt. Dust over each layer also a thin coating of grated Parmesan, and moisten the whole well with nicely made Milanaisé sauce. Shake a canopy of grated cheese over the surface, moistening it with melted butter, and set the dish in the oven till well heated. A good colour can be got for the top of the dish by using the salamander or a hot iron.

Slices of tomato that have been skinned, drained of their watery juice, having had their seeds picked out, may be laid upon the layers of egg with the seasoning and

grated cheese ; shredded fish also. Mushrooms or truffle trimmings may be chopped up and sprinkled over them, but in this case no cheese is required. There is obviously here again ample scope for variation if a little common sense be exercised.

**Œufs farcis :**—Boil six eggs for half an hour, take them out, and plunge them into cold water. When quite cold peel off their shells, and, with a dessert-knife dipped in melted butter, divide each egg in half, slicing off a little piece of the rounded ends to admit of each half sitting upright upon a dish : now pick out the yolks, pound them with two ounces of butter in a mortar, and proceed to dress them with any savoury trifles at your command ; season the composition delicately, and fill the egg cases therewith, trimming the *farce* neatly, with a plated-knife dipped in melted butter, in a convex-shape over each case—for there will be more than enough mixture to merely fill each cavity. For the *farce*, you can use finely minced olives, capers, anchovies, and mushrooms ; very finely grated ham, or tongue, the bruised liver of a chicken, pieces of cooked lean of bacon, the remains of a *pâté de foie gras*, or a little sausage meat. A judicious selection of two or three of these ingredients, seasoned with spiced pepper is what you require—say, one teaspoonful of mixed *farce* to each half yolk. Having dressed your cases to your mind, fry a little square of bread for each one as for *canapés* or *croûtes*, and place them thereon : arrange them on a flat *au gratin* dish slightly buttered, pour a few drops of melted butter over each egg, and bake for five minutes. Lastly, nicely rasped crust crumbs may be strewn over the dish when going to table.

Eggs may, of course, be served in this manner very plainly *farcis* with minced curled parsley and chervil. A pounded anchovy with finely chopped olive, for instance,

would not be a bad mixture when worked up with the hard yolks.

For **œufs durs farcis à l'Indienne** :—Pick the yolks out of six hard-boiled eggs cut in halves crosswise, and crush them with a fork, add for each yolk a teaspoonful of potted ham tongue or shrimps, mix the two well, moistening to a paste-like consistency with a strongly reduced curry sauce : fill the cases, trim the mixture in a dome shape in each ; egg, bread-crumb, and fry in very hot fat, or set in the refrigerator and serve cold.

*œufs farcis* are delicious when served cold, in which form they should be presented prettily garnished with broken aspic jelly upon a flat china dish. Or they may be set in a border of aspic, garnished alternately with little balls of green butter, and a *salade de légumes* in the centre. This dish is quite worthy of a place in the *menu* of a ball supper.

Another way of treating farced eggs is, after filling the half eggs neatly, to egg, bread-crumb, and fry them as advised above in very hot fat. Drain with a perforated slice and fry them one after the other.

Hard-boiled eggs may be fricasseed, or gently heated up, in any nice sauce. Take as an example :—

**œufs durs à la soubise** :—Cut the eggs in halves, lengthways. Arrange them in a hot fireproof china dish, season them, and moisten them with the *soubise* sauce. Scatter some finely rasped crust crumbs over the surface, and serve. If the sauce has been kept quite hot no heating will be necessary ; if not, the dish must be put in the oven until hot enough to send up. A dusting of Parmesan is agreeable with *soubise*.



In this manner you can serve *Œufs durs à la Milanaise*, *à la Hollandaise*, *à la sauce verte*, etc., a specially nice one being with oyster sauce.

**Œufs durs à la mode de Caen:**—Slice six ounces of mild Bombay onions, blanch them in boiling water for five minutes; drain, lay the onions in a stewpan with an ounce of butter, fry over a moderate fire without colouring, stir in an ounce of flour, then moisten with two gills of milk and one of water, season with pepper, salt, and mace, bring to the boil, and simmer twenty-five minutes. Lay in five hard-boiled eggs cut in halves, dish in a hot *légumière*, and serve.

**Œufs durs à la poissonnière:**—Tear a piece of cold boiled fish to pieces, and heat it up in just sufficient sauce to moisten it; season with pepper, salt, and mace. Arrange this in a *légumière*, make little hollows in it, and slip half hard-boiled eggs into them, dust grated cheese over the surface, and sprinkle it with melted butter, set in the oven for a few minutes and serve.

**Œufs durs à la maître d'hôtel:**—Cut four hard-boiled eggs in halves, trim them like *œufs farcis* to stand upright, but leave the yolks intact: set them on *croûtes* of fried bread on a flat silver or fireproof dish slightly buttered; pour a little melted butter over them, and heat them until quite hot in a moderate oven, then serve with a pat of *maître d'hôtel* butter—about the size of a shilling—melting over each half egg.

**Œufs durs aux topinambours:**—Choose a dozen good-sized Jerusalem artichokes, trim, boil, and set them to cool; take six hard-boiled eggs, let them get cold and cut them up; cut the artichokes into slices, set them in a buttered *légumière*, strew the chopped hard-boiled eggs

over them, moisten with a rather thinly mixed *sauce soubise tomâtée* dredge over this a fine layer of grated cheese, push into a moderate oven, and when hot and lightly coloured serve.

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### Œufs Mollets.

It is difficult to choose an English term for eggs cooked in this fashion. At the commencement of the Chapter I called them medium hard-boiled, which perhaps may be allowed to stand. The object in view is to boil the eggs *just* sufficiently long to enable you to take the shells off without damaging the surface of the eggs, and without hardening the yolks. To do this the eggs must be plunged into boiling water and kept at that degree of heat for five minutes. After this they must be cooled in cold water for something less than a quarter of an hour, and then stripped of their shells very carefully.

Thus prepared *œufs mollets* are served whole upon delicate *purées* of meat or vegetables, and upon minces with mushroom or truffles moistened with white or brown sauce. They are placed on fried bread and masked with melted anchovy or *ravigote* butter or a nice sauce, and they are egged rolled in bread-crumbs, well dried, and fried in hot fat till lightly coloured.

Except in the case of frying, the eggs will require warming before dishing; this is best done in hot salted water in the *bain-marie*—they must not be allowed to boil again.

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### Poached Eggs.

Few cooks think that they require instruction in the art of poaching of an egg, yet I have met many who were unaware of the really correct method:—Set a *sauté-*

pan on the fire, pour into it hot water enough to three parts fill it, acidulate this with vinegar or lime juice, and stir a dessertspoonful of salt into it; the moment the water reaches boiling point, break the eggs on the margin of the pan, open them close to the surface of the water, and let them slide gently into it. After half a minute at boiling point draw the vessel to the side of the fire cover it and simmer very gently until the eggs are nicely set, then lift them out with a perforated slice, or spoon and dip them into a basin of cold water for a moment, then trim and finish them according to requirements.

Taking simple methods first—the poached egg on fried bread or *crouûte*—a number of variations can be secured by pouring over the egg melted *maitre d'hôtel*, anchovy, prawn, *ravigote*, or other fancy butter, or plain melted butter with chopped parsley, chervil, or other herb with a drop or two of anchovy vinegar. Next, sauces can be poured over them (a good way of utilising sauces remaining on hand from dinner the previous evening), and *purées* also, whether of meat or vegetable. There is nothing nicer, for instance, than a tablespoonful of tomato, green pea or sorrel *purée* with a poached egg.

Poached eggs can also be served in a *légumière*, or flat oval china gratin dish, with a garnish round them of *purée* of any nice sort, or they may be laid upon a *purée*.

**Œufs pochés à la l'Indienne:**—Arrange the eggs upon neat pieces of fried bread, and pour over them a curry sauce somewhat thickened by reduction.

**Œufs pochés à la Béarnaise:**—The same arrangement with *Béarnaise* sauce.

Following these principles nearly all sauces may be thus used. A good plan is to pour the sauce, worked

rather stiffly, all round the margins of the eggs leaving them themselves uncovered. For very finished dishes this is done by means of a forcing bag and pipe.

*Croutes* can be prepared for poached eggs with any savoury paste or butter, or a mixture of both, such as liver paste worked with anchovy butter, shrimp paste with shrimp butter, etc. Or they may have a mince of game, ham, mushroom with or without truffles, *foie gras*, just sufficiently moistened with good sauce, or melted glaze to spread smoothly.

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### Eggs in Cases.

These may be described as eggs set in china cases or *coquilles* that have been lined with some nicely made forcemeat, the composition of which can be varied in numerous ways: fish, shellfish, game, chicken, ham, *foie gras*, etc., etc., being employed for the purpose. See Chapter XII. A simple example will suffice.

**Œufs en caisses aux crevettes:**—Work in a mortar to the consistency of pliant paste a quarter of a pint of picked prawns, assisting the operation with butter, and adding a quarter of a pint of white bread-crumbs that have been soaked in milk, and one egg: season with finely chopped parsley, pepper, and salt. With this line the bottom and sides of your small, previously buttered china cases or *coquilles*, leaving a hollow in the centre of each to receive one egg. Slip the eggs into the cases carefully, sprinkle the surfaces with a little salt, and pour a small allowance of melted butter over them. Set the cases in a high-sided *sauté-pan*, with hot water up to a third of their depth: push this into a very slow oven, cover and poach for eight

or ten minutes (*see* page 142). On taking out the cases dish them on a flat dish, giving each a cup of sauce or *purée*.

Taking this as a fair sample of the method, it is clear that by changing the lining ingredients you can produce a number of nice little dishes. This ought not to be difficult, for in many kitchens there are continually remnants of good things that can soon be turned into lining farce.

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### Fried Eggs.

Although fried eggs and bacon may be called the commonest breakfast dish in Great Britain and Ireland—the one thing that a traveller can get at his inn—what an awful composition it generally is, particularly in regard to the eggs, the yolks of which are, as a rule, hard, and the whites leathery and burnt!

The prevailing custom is to empty a number of eggs into a large frying-pan with some rashers around them, and trust to their being fried in the melted bacon fat. This is, of course, wholly wrong. To be properly fried eggs must be done one after another in a small *deep* pan of hot fat over a sharp fire (a large iron ladle would do well for the purpose). While cooking the white should be coaxed gently over the yolk, to give the egg a round form: lift with a perforated ladle or slice and drain immediately. The process is far quicker than poaching. Bacon to be eaten with fried eggs should be separately broiled over a clear fire.

Fried eggs can be served, in the same manner as poached eggs, on *croustes*, with sauces or savoury butter melting over them, etc., etc.

**Boiled Eggs.**

There is another odd thing to point out in regard to the cooking of eggs, and that is that it is not everyone that knows how to boil one. The most wholesome and handy way of carrying this out for the breakfast-table may be thus described :—Put a small saucepan over a methyated spirit lamp, which can be placed upon a side table. When the water boils freely put in the eggs, and in ten seconds blow out the lamp, covering the saucepan with the lid closely. In eight minutes a hen's egg of the ordinary size will be done to perfection, the albumen soft, and the yolk nicely formed. The common method of boiling eggs at a gallop for three-and-a-half minutes has the effect of overcooking the albumen, while the yolk is scarcely done at all.





## CHAPTER XXII.

### *Macaroni and Rice.*

THESE are only two ways of serving macaroni, according to the customs of English cookery: - either swimming in tasteless white sauce round a boiled fowl or turkey, or baked with cheese in a pie-dish. In the former fashion it is generally presented in such a flabby, tasteless manner, that the general unpopularity of Italian pastes may be easily accounted for; while the latter, though a little more savoury, is handicapped by having been reduced to a domestic subterfuge. When driven into a corner with nothing better in the house, depend upon it that the happy deliverance is "cheese macaroni," the absurd title given to the preparation by some writers.

Macaroni, and the numerous varieties of the Italian paste family of which it is the best known member, should be plunged into fast *boiling* water to commence with—no matter whether you intend to cook them in milk or stock afterwards—in order to preserve the desired degree of firmness. Directions are often given for the putting of macaroni in cold water, and bringing it slowly to the boil; some even counsel that it should be soaked. Flabby, messy-looking stuff can alone be the result of such treatment, while much nutritive value is absorbed by the water.

Macaroni must not be *wetted*, to begin with, by any liquid not boiling. "Washing macaroni" said the G. C. "is useless and unnecessary, putting it to cook in cold water is a blunder, soaking it is a crime." Treat it like rice, and throw it into *plenty* of boiling, slightly salted water; turn and test it occasionally with a fork; as soon as it is tender, without being soft or flabby, stop the boiling by a dash of cold water, take it off the fire, drain it thoroughly, returning it to the dry, hot pan, which should be lubricated with a little butter to prevent the macaroni sticking to it.

**Macaroni à la Napolitaine.**—Assuming that three ounces of macaroni have thus been boiled, stir into it, in the hot pan, two ounces of grated Parmesan cheese with an ounce of butter. Put half the butter in first, and stir it well amongst the macaroni, then add the cheese, lastly the remaining butter; season with salt and black pepper (freshly ground by hand-mill if possible), and serve, piled loosely, on a dish made as hot as possible.

**Macaroni à l'Italienne.**—In addition to the cheese and butter, stir in a breakfast-cupful of good tomato *purée*: the combination is excellent.

**Macaroni au gratin.**—Prepare the macaroni exactly according to the foregoing receipt, without the tomato *purée*; but instead of serving it in this state, turn it into a well-buttered fireproof china dish, or silver dish for *gratins*, arrange it neatly, dust over the surface an ounce of cheese with a dessertspoonful of raspings, pour over all an ounce of butter, melted, and put into a moderate oven till lightly coloured, and serve. The chatty oven with charcoal on the lid is the best oven possible for all dishes "*au gratin*."

Observe that for the true dish you depend upon the



butter for the moistening. The English practice is to secure this with a sauce or milk, and there can be no doubt, if the sauce be well made, with broth as a basis, and the cheese allotted in proper quantity, a good result is often obtained. The following recipe may be trusted :—

**Macaroni au gratin à l'Anglaise.**—Well butter a pie dish, arrange three ounces of well-boiled macaroni therein neatly, give it a dusting with black pepper and salt, pour round it a large cupful of good *sauce blonde* (see page 64), in which you have mixed two ounces of grated cheese: let this run well in amongst the bed of macaroni, moistening it liberally, and shake over the surface a good layer of grated cheese. sprinkle with a dessertspoonful of melted butter, put into a moderate oven with top heat, and when thoroughly heated and its surface lightly coloured, serve.

*Macaroni au gratin* should be nice and moist: you can use *sauce blanche* made with the *cuisson* or boilings of the macaroni instead of *sauce blonde* if you like, and tomato *purée* may be introduced in its composition. A little minced fish, such as sardines, prawns, bloater, or anchovy, may be dotted about amongst the macaroni, and with minced ham and chicken, or tongue and chicken, you can make a capital home-dinner *entrée*, following in other respects the ordinary recipe, for instance :—

**Macaroni à la Sicilienne.**—Prepare three ounces of macaroni by plain boiling as described. Take four ounces of minced chicken, two ounces of minced fat and lean bacon, two ounces of minced cooked onions, a dessertspoonful of minced parsley, and a seasoning of salt and pepper. Butter a deep fireproof baking-dish well, sprinkle over it the minced parsley, then having cut up the macaroni in short lengths, put a layer of it at the bottom, then one of mince, dust freely with grated cheese, and season

each layer. Continue this till all is expended, moistening as you go on with good domestic *espagnole*, or *velouté*, dredge raspings over the surface, sprinkle with butter, and finish as in the case of *Macaroni à l'Anglaise*.

**Macaroni à la Milanaise.**—Boil three ounces of macaroni, and keep it hot in its own pan after draining. Take three-quarters of a pint of fowl giblets or mutton broth, flavoured with an onion, sweet herbs, etc, *see* page 63. With that make a plain cheese sauce in this way:—Melt half an ounce of butter in a saucepan, stir into it a dessertspoonful of flour, mix them to a paste, and, by degrees, pour in about half of the broth; as this is warming, add to it two ounces of grated cheese, with the remainder of the broth a teaspoonful of powdered mustard, salt, and spiced pepper at discretion; continue to stir the sauce until it reaches a creamy thickness, when you can finish it off the fire by a coffee-cupful of milk, in which the yolk of a raw egg has been beaten separately. Now stir the sauce into the hot boiled macaroni, and serve immediately, piled up upon a hot dish.

**Macaroni aux anchois.**—Mince finely half a small clove of garlic, an ounce of shallot, three whole anchovies, boned and well wiped from the tin oil, half a dozen capers, and four olives; put the mince into a small *sauté*-pan, with an ounce of butter. Fry gently till the bits of garlic and onion begin to brown, and then turn the mixture into a stewpan containing three ounces of hot boiled and drained macaroni, add two ounces of grated cheese, stir it well with a large fork, and serve.

As the association of tomatoes in the form of *purée* with macaroni may be considered an established thing, I would invite attention to the directions which are

given for it in Chapter XIV (page 228). In Italy when tomatoes are out of season they use:—

**Conserva di pomi d'oro.**—This, as may readily be supposed, is a regular jam made by reducing a good quantity of the *purée* aforesaid in a saucepan over the fire, stirring it without ceasing until it attains the consistency of thin paste, which, well seasoned with salt and pepper, may be preserved in bottles, and if securely corked and waxed, will keep well. During their season tomatoes are sometimes so plentiful that the home making of tomato conserve might often be economical. To assist in preserving the composition safely, a little sugar should be blended with the salt, and the bottling should be deferred till all signs of effervescence have subsided. A spoonful or two of the preserve, thinned with a very little stock, and with a pat of butter worked into it, would thus, at all times, be handy for use in sauces, for dressing macaroni, etc. A dusting of finely grated cheese should, of course, accompany it in the latter case.

At all times good preserved tomatoes can be substituted for fresh. Poncon's Lisbon *conserve* is excellent, and the canned American decidedly good. Gordon and Dilworth's tomato ketchup is a good thing spoilt with spice.

It is generally believed that macaroni is improved by being simmered in stock. When good broth is available, the process should be conducted in this manner: First blanch the macaroni by plunging it into boiling salted water, and maintaining this at the boil for eight or ten minutes. Then drain off the water, pour into the pan sufficient very hot broth to cover the macaroni, and simmer gently till it is tender. This may improve macaroni when it is to be served *à la Napolitaine*, *à l' Italienne*, *au gratin*, or *aux anchois*, but whenever it is to

be cooked with a *sauce* I prefer using the broth for that accompaniment, preparing the macaroni by plain boiling.

If you have a good quantity of uncoloured broth, such as the boilings of fowls, rabbits or a turkey, or a good vegetable broth yielded after cooking root vegetables, beans, peas, celery, etc., macaroni can be boiled in it instead of water from the commencement.

**Macaroni au jus** is served without cheese or other adjunct save its own broth thickened and a seasoning of salt and pepper. Blanch three ounces of macaroni for ten minutes, drain off the water and supply its place with three-quarters of a pint of good, well seasoned broth or stock, boiling hot; simmer the macaroni in this till tender, drain again, keeping it in the hot pan while you slightly thicken whatever stock may have been drained off. If the macaroni has nearly absorbed the whole of it, as it may, add enough stock to moisten the dish nicely, slightly thicken this, bring it to the boil, dish the macaroni, and pour the hot sauce thus made over it. A little glaze, say an ounce, dissolved in the thickened stock would be an improvement. Grated cheese may accompany. Instead of this plain meat-flavoured and seasoned sauce, a distinctly flavoured one—(rather sharply) will be found agreeable—see *sauce aux câpres*, *sauce aux cornichons*, etc.

**Macaroni fourré.**—In modern cookery the term *fourré* (*i.e.*, ‘packed with’) is applied to macaroni in the same way as it is to certain *omelettes* (page 317). The method is easy. Having prepared four ounces of macaroni *à la Napolitaine*, *à l’Italienne*, or *à la Milanaise*, butter a hot *légumière*, line its bottom and sides with the macaroni, leaving a hollow in the centre, fill this with a *ragoût* of mushrooms, artichoke bottoms, or kidneys; or with minced game, ham, tongue or chicken; with liver *foie*

*gras*, etc., either singly or in combination, cover with a layer of macaroni in dome shape, smooth this neatly with the palette knife, dredge over with grated cheese, sprinkle with melted butter, set in the chatty oven adjusted with charcoal for top heat, just brown the surface, and serve. It should be noted that the composition with which the *entremets* is to be *fourré* should be kept hot in the *bain marie*, and that it should be moistened with good sauce somewhat thickly reduced.

The advice I have given will, I think, be found reliable with respect to all kinds of Italian paste, *spaghetti*, *macaronelli*, *lasagne*, *tagliarini*, *fettucie*, etc.

The recipes for three ounces of macaroni are composed for a nine-inch Limoges china fireproof dish—enough for three people.

Closely connected with macaroni, and exceedingly nice when cooked as such, are—

### Nouilles.

Take half a pound of sifted flour; put on the pastry-board; make a hole in the centre of the flour; break three eggs into it; add half an ounce of butter, and a pinch of salt; mix all into a nice smooth paste. Roll the paste out very thin—say about the sixteenth of an inch—let it dry, then cut it into ribbons an inch and a half broad; put five of these ribbons above one another, sprinkling a little flour between each; then with a knife cut through them crosswise, making thin shreds like vermicelli; shake them in a cloth with a little flour to prevent them adhering to one another, then throw them into two quarts of boiling water for six minutes. Use *nouilles* exactly as you would macaroni. They make a good garnish for cutlets, *croquettes*, etc., and can be used in soup.

### Gnocchetti.

This receipt was given to me by a lady who has resided nearly all her life in Italy :—

Take a gill and a half of broth or milk and put the liquid in a stewpan on the fire, with one ounce of butter, a pinch of salt, and two of pepper. Boil, take off the fire, cool, add four ounces of sifted flour, and mix well, adding two ounces of grated Parmesan cheese: stir over the fire as for *soufflé*, remove the saucepan, breaking into it one large or two small yolks, one after the other, and stirring continually. Divide the paste you now have got into small portions, rolling them about the size of walnuts; put these into a buttered *sauté*-pan, pour *boiling* milk over them, simmer for five minutes, and drain on a sieve. Now arrange a layer of the *gnocchetti* on a dish, sprinkle with Parmesan, add another layer, and sprinkle, moisten with a good *sauce blanche*, cover all with a final layer of Parmesan, set in the oven to colour, and serve very hot.

### Rice.

I introduce this subject in close connection with macaroni advisedly, for it will be seen that in the better treatment of rice the laws that govern the cooking of Italian pastes should generally be followed. Rice, like macaroni, must be plunged into boiling water, and finished in the same way; but it will be well, perhaps, to give each step in detail :—

(a) For from four to six ounces of uncooked rice choose a four-quart, or even larger, stewpan; three-parts fill this with water and set it on to boil, putting into it a dessertspoonful of salt, and the juice of a small lime.

(b) While the water is coming to the boil, sift on a sieve and cleanse the rice.

(c) Put a small jug of cold water within easy reach of the fire

(d) As soon as the water boils freely, cast in the rice, and with a wooden spoon give it occasionally a gentle stir round.

(e) Mark the time when the rice was put in, and in about ten or twelve minutes begin to test the grains by taking a few of them out with the spoon and pinching them between the finger and thumb.

(f) When the grains feel thoroughly softened through, yet firm, stop the boiling instantly by dashing in the jugful of cold water.

(g) Drain off the water completely, returning the rice to the hot stewpan; put in a half ounce pat of butter to prevent the rice sticking to the sides of the pan; shake this well, set it close to the fire and cover it with a clean napkin, so that it may dry, repeating the shaking every now and then to separate the grains.

(h) To detach the grains thoroughly before dishing, scatter them well in the pan with a two-pronged carving fork. Never stir with a spoon.

The drying process will take from eight to ten minutes at the least, and must not be hurried. For this reason, the cook should give himself full time for the operation. Even well-boiled rice will not come to the table satisfactorily, unless it has been drained and dried as I have described.

Raw rice, of good quality, swells to four times its original bulk when boiled, it therefore requires plenty of water when undergoing that process. Carolina rice takes a greater quantity of water than Patna on account of the size of the grains. Three quarts of water to six ounces

of rice is a good proportion for the latter, and an extra pint for the same weight of the former. Lime-juice preserves the whiteness. The immediate checking of the boiling, with cold water, assists the separation of the grains, which is the chief aim in well-boiled rice. Stickiness is the result of over-boiling, or too slow cooking. Rice cannot be boiled too quickly. It is a mistake to put it into cold water, or to subject it to any *slow* method of cooking when the object is to serve it plainly boiled. After it has been cooked, hot water should on no account be poured over it; while to expose it to the action of steam as a way of drying it cannot but result in failure—methods which have been recommended by some writers on cookery.

It is quite possible to serve rice, prepared as I have described, as a savoury dish, alone. For this purpose it should be dressed with butter, grated cheese, tomato *purée*, etc., as prescribed for macaroni. It can be coloured a pale yellow with saffron, or, for Oriental flavour with turmeric. Lastly, it can be made still more tasty if simmered in stock after having been partly boiled.

**Riz à l'Italienne.**—Into four ounces of well-boiled rice as it lies in the hot saucepan, stir one ounce of butter until it is thoroughly mixed; dust with pepper and salt, add tomato pulp enough to moisten the whole nicely, and finish with two ounces of finely grated Parmesan, Gruyère, or other mild dry cheese. Serve piping hot. When lifted with the fork, the grains of rice should carry with them long strings or tendrils of melted cheese as in the case of *Macaroni à l'Italienne*.

**Riz à la Napolitaine.**—Melt an ounce of butter in a stewpan, the bottom of which should be lightly rubbed previously with a piece of garlic; shred an onion the size of a golf-ball very finely, and fry it in the butter; stir



into this, when of a golden yellow colour, two breakfast-cupfuls of hot well-boiled rice; work it vigorously with a carving fork, while an assistant shakes into the pan a couple of heaped-up tablespoonfuls of grated Parmesan or Gruyère; garnish the dish with strips of anchovies, and serve it piled upon a flat dish.

**Riz à la bonne femme.**—As the foregoing, but stir into the mixture some finely rasped ham, or grated corned beef, and garnish it with curls of crisply fried bacon.

**Riz à l'Indienne.**—Commence as laid down for *riz à l'Italienne*, using an ounce of fresh butter. Omit the tomato pulp, and instead of the grated cheese, stir in sufficient turmeric powder to tint the rice a pale yellow, finish with an ounce of butter in which a teaspoonful of finely chopped shallot has been lightly fried. Stir well with a two-pronged fork, and serve very hot.

**Riz au chou.**—Boil four ounces of rice as has been described, and keep it hot in the pan. Cut up the heart of a young savoy cabbage previously boiled till tender. Melt a couple of ounces of butter in a roomy stewpan, cast into it—finely shredded—three ounces of onion and half a clove of garlic, minced as small as possible: let the onion turn yellow, then put in the shredded cabbage, stir it about for three minutes with the butter and onions, and moisten it with enough cocoanut infusion as made for curries, to come level with its surface: stew gently now for a quarter of an hour, then add the rice, which should be stirred about for five minutes with the cabbage. The dish is now ready. Turn it out upon a well-heated flat dish, and smother it with grated cheese. For an ordinary head of cabbage, three breakfast-cupfuls of cooked rice will be found enough.

**Riz à la Turque.**—In this, and in the following cases

the rice is first blanched for five\*minutes. Put into a stewpan a pint of giblet or mutton broth, add two table-spoonfuls of tomato conserve or *purée*, season, if necessary, with salt and black pepper, and set the stewpan on the fire. As soon as the liquid boils, cast into it four ounces of the blanched rice. Reduce the heat after a minute, and let the rice stew gently in the tomato-flavoured broth. As the rice cooks, it will absorb the liquid : watch it narrowly, stir gently to prevent its catching, and as soon as it has sucked up the whole of it, shake the pan well to separate the grains, and mix into it an ounce of fresh butter. Serve very hot.

**Riz à la ménagère.**—Blanch six ounces of rice. Weigh a quarter of a pound of the best streaky bacon ; if uncooked, dip it into scalding water for a couple of minutes, and then cut it into inch dice. Fry these in a stewpan till they turn yellow, add the rice, and a pint and a half of boiling broth, with a saltspoonful of pepper. Simmer for twenty minutes, stirring the rice every now and then to prevent its catching at the bottom of the pan. Now take it off the fire, and add half a pint of tomato *purée* or sauce. Mix thoroughly, and put the rice on a dish. Garnish with crisp curls of fried bacon, croquettes of fish, or any savoury mixture you like, worked into small shapes, and fried a golden yellow in boiling fat (*fritures*)

**Risotto à la Milanaise.**—My advice for this preparation of rice peculiar to Northern Italy, is founded upon Sir Henry Thompson's recipe. For three persons—Put two ounces of fresh butter with three ounces of onion chopped very fine into a stewpan, and fry until the onion has a pale gold colour. Then add six ounces of well-washed East India (Patna) rice, stirring it constantly for about two minutes with a carving fork so that it does not

stick to the stewpan; after this two minutes' cooking, add about a pint of boiling stock, by degrees, very gradually; then reduce the fire and let it simmer gently, stirring frequently, till the rice is just soft; before it is quite finished, add an ounce of butter, a pinch of nutmeg, and two ounces of grated Parmesan cheese. After this, add a small saltspoonful of saffron, and stir again for two or three minutes; then remove the pan from the fire, cover it for a few minutes, dish in a *légumière*, and serve. The quantity of stock can be varied according as the *risotto* is preferred thick or otherwise.

**Risotto à la Marchigiana** is made in the same way, with the addition, besides cheese, of minced cooked mushrooms and some slices of highly-seasoned Bologna sausage.

Rice is especially nice with fish. I have already spoken of *khichri* (page 259) in its simpler forms; a still better dish can, however, be composed on the same lines by simmering the rice, after blanching it for five minutes in boiling water, in strong fish stock. The fish which contributed the stock should be pulled to pieces, seasoned, and tossed in the hot vessel with the rice and a little extra butter.

**Pilão rice.**—The Pilão or, as its commonly written perhaps, Pullow, is, of course, a well known Oriental dish in which meat or fowl stewed down to such a condition that it can be pulled to pieces or easily disjointed and picked by the fingers, is served smothered with rice which has been cooked in the broth produced by the meat or fowl. In preparing rice for this, first blanch it for five minutes in boiling water, drain it, and then put it into a stewpan with an ounce of butter, pepper, and salt, turning it about with a carving fork over a low fire while the hot fowl or meat broth is added

very gradually, so that it may be absorbed by the rice as much as possible.

After it is cooked, the rice may be spiced with grated nutmeg, cinnamon or cloves, tinted with *turmeric* (not saffron), and garnished with pieces of onion parched in the oven till they turn a light brown colour, and chopped hard-boiled eggs.

Thus dressed, and steaming hot, the rice is emptied over and around the bird or meat, which has been kept hot in a covered vessel during its concoction.

Raisins, almonds, pistachio nuts, green ginger, and whole spices are generally added to a pilão, with strips of chilli skin.

Cheese, of course, would be wholly out of place in connection with pilão rice.

Saffron, not turmeric, is used in the Turkish *pilāv*, a dish which in other respects is made like pilão.

NOTE.—The particular drawback to guard against in all these dishes is *greasiness*. As soon as proper heat passes off, this objectionable condition manifests itself. It is on this account that special attention is necessary in the matter of speedy service, and very hot dishes and plates.

The French **poularde**, or **poulet au riz**, is nothing more than a boiled fowl served with rice prepared exactly as just described without any garnish, spice, or other adjunct. The *eau de la cuisson* produced by the boiling, is taken in part for the rice, the remainder turned to a nice white sauce, enriched with the yolks of a couple of eggs as for *Allemande* sauce, is used to mask the fowl, while the rice is arranged round it.

Following this dish in principle, it is obvious that no little variety might be obtained by preparing the rice with cheese, tomato, or other flavouring, according to the recipes that have been given.

**Poulet au riz tomate',** for instance, is a capital variation. This can be made with a freshly boiled fowl, or with cold fowl (or Turkey) in this way:—Remove all the meat from a cold bird. Make as good a broth as you can from the bones. Prepare rice as described for *Riz à l'Italienne*, omitting the cheese; while it is in the hot pan stir in the pieces of fowl, and when well mixed pile the whole upon a hot dish, and serve. Let grated cheese be handed round, with a nice white sauce made from the bones broth.





## CHAPTER XXIII.

### *Cheese.*

THERE has been some confusion among writers on cookery regarding the terms *fondue* and *soufflé*, which should be explained. The original **fondue** spoken of by Brillat Savarin was, we are told, of Swiss origin, a simple dish enough scarcely to be distinguished from *œufs brouillés au fromage*. In later years, however, cooks improved upon it, and the *fondue* with flour added to it and sundry alterations was put into the oven, and really became a *soufflé* although its name was not altered. Now matters appear to have been put right; the baked preparation is known as a *soufflé au fromage*, *Parmesan*, or *au Gruyère*, while the *fondue* of Brillat Savarin's time resumes its original form as a dish of buttered eggs with cheese. If, therefore, you desire to make the latter, please turn to page 325, and follow the recipe there given for *œufs brouillés au fromage*.

The *soufflé au fromage*, *Parmesan*, or *Gruyère* is a dish of which, when successfully made, the cook has cause to be proud. It requires careful management, for the making of a *soufflé* is just one of those things in which, owing to some freak on the part of the oven, or small inattention, the best hand may occasionally err; so for a

dinner party beware of placing too great confidence in it; have another dish ready to go round in case the *soufflé* fail to come off.

**Touching soufflé tins** or cases : These should be rather deep in proportion to their diameter. It is a good plan to add to the depth by pasting round the wall of the tin, on the inside of it, a band of thick paper which may be allowed to extend a couple of inches higher than the tin. The *soufflé* is thus protected from overflowing the margin of the tin when it rises.

**Soufflé au Parmesan.**—Put two ounces of butter with a gill of water, and a pinch each of pepper, salt, and sugar, into a small saucepan, boil up and take it off the fire, mixing into it four ounces of well-dried flour. Incorporate the flour and liquid by vigorous stirring over a low fire, continuing the work until the paste detaches itself from the sides of the saucepan. Empty this into a bowl, and let it get half cold, moving it about with a wooden spoon. When cooled, mix into it the yolks of six eggs, four-and-a-half ounces of grated Parmesan, and two-and-a-half ounces of butter cut into small pieces, which should be added bit by bit, without ceasing to work the mixture. At the last moment stir into it the whipped whites of five of the eggs, put this into a well-buttered tin, and set it on a wire drainer in a moderate oven. If the oven be properly heated the *soufflé* will be ready in twenty-five minutes.

**Soufflé au Gruyère.**—This illustrates another method of working:—Put into a stewpan four-and-a-half ounces of flour, two ounces of potato flour (Groult's *fécule de pommes de terre*), two ounces of butter, two-and-a-half ounces of Gruyère grated, and the same of Parmesan, with a seasoning of black pepper and a pinch of sugar. Moisten all this with five gills of milk, adding it by degrees.

Put the stewpan over a low fire, and keep on stirring the mixture at a very moderate heat, till the paste detaches itself from the sides of the pan; now take the stewpan from the fire, stirring occasionally till the contents are half cold, then add an ounce of butter and the yolks of six eggs, and proceed to warm the mixture over a low fire, stirring without ceasing. Finally add the whites of five of the eggs whipped to a stiff froth, and five ounces of Gruyère cut into little dice. Cook as in the foregoing case.

NOTE.—By carefully reducing the other ingredients given in these recipes by one-third a nicely sized *soufflé* for four people can be made with four eggs.

**Soufflé cremeux au fromage** (without flour). This is a special form of *soufflé*:—Put into a saucepan three ounces of butter half melted, and four yolks of egg, season with black pepper, salt, and a pinch of nutmeg, and proceed over a low fire to turn the mixture to a custard, carefully avoiding boiling. When it is quite smooth take it off the fire, mixing into it three-and-a-half ounces of grated Parmesan. It should be now worked smoothly, and the stiffly whipped whites of two eggs with which a tablespoonful of cream has been blended having been added as a last touch, the mixture should be passed into a tin, set in the oven on a wire drainer and baked for eighteen or twenty minutes.

**Ramequins**, or little puffs of cheese, can be eaten as a savoury at the end of a dinner, and they make a nice garnish. Put one ounce of butter in a roomy saucepan, with a quarter of a pint of water, a pinch of salt, nutmeg, and a dust of black pepper; boil it, cool, and add two ounces of flour. Stir over the fire for four minutes, and then mix with it two ounces of grated Parmesan and two eggs, well beaten, one after the other.



Put the paste thus formed on a buttered baking sheet in lumps the size of a hen's egg, flatten them slightly, brush them over with beaten egg, push the sheet into a moderate oven, bake, and the moment they have risen, serve upon a hot napkin.

**Ramequins en caisses.**—Mix together two ounces of dry finely grated cheese with two ounces of fine stale bread-crumbs, stir in one by one the yolks of three eggs, an ounce of butter melted, and a seasoning of salt, pepper, and mace, finally add the whites of the eggs very stiffly whipped, three parts fill the buttered china cases which set upon a baking sheet, push into a moderate oven, bake and serve as soon as the *ramequins* have risen nicely.

**Gougère au fromage.**—Put into a stewpan a gill-and-a-half of water, three ounces of butter, and a seasoning of pepper, salt, and mace. Put the vessel on the fire. When this boils, take it off the fire, and stir in six ounces of flour, put on a low fire, and mix till the paste is thoroughly formed. Take this off again, let it cool, and add the yolks of five eggs and three ounces of grated Parmesan cheese; mix thoroughly, and stir in three of the whites beaten to a froth. Butter a fireproof china dish, and spread the mixture in it; cover the surface with thin shavings of cheese, glaze over with the beaten yolk of an egg, and bake for twenty or twenty-five minutes.

**Bouchées au Parmesan.**—Mix together half a pint of well-drained curd, one-and-a-half ounces of butter, the yolks of three and the white of one egg, well beaten. Pass through a sieve and add two ounces of grated Parmesan. Line some patty pans with the paste described, page 106, for *croustades*, fill the hollows with the mixture, and bake in a moderate oven for twenty minutes.

Serve at once. The mixture may be seasoned with Nepaul pepper and a pinch of nutmeg.

**Omelette au fromage soufflée.**—This is really an *omelette* prepared as for process No. 2, page 314, baked instead of being done over the fire in an *omelette* pan. Incorporate two ounces of dry finely grated cheese with four yolks, season with pepper, salt, and a pinch of nutmeg, and (in this case) stir into it half an ounce of butter cut into little bits. Amalgamate this with the whites whipped as stiffly as possible, lay the mixture carefully in an oblong fireproof china dish, smooth it with the palette knife, and put it into a moderate oven. As soon as a skin forms on its surface pass the blade of a knife gently through it, lengthways, from end to end. Then when the *omelette* rises and takes a nice biscuit brown colour, serve without delay.

**Notes regarding soufflés.**—The Native cook is often a good hand at these dishes, and his chatty oven seems to be better suited to the operation than the ordinary oven of an English kitchen range. One point should be specially noted, *viz.*:—the *stiff* whipping of the whites and the preparation of a not too fluid mixture. A slack mixture never bakes well. The oven must never be fast for a *soufflé*. The result of an over hot oven is that the *soufflé* rises too quickly with its outside done, and its inside not formed at all.

**Biscuits au fromage.**—Out of a piece of paste made according to the recipe given, page 106, stamp round biscuits two-and-a-half inches in diameter, and a third of an inch thick: prick them with a fork, lay them on a buttered baking sheet and bake them in the oven, and serve masked with grated cheese rendered fluid with butter over a moderate fire.

**Croûtes creuses à la Hollandaise.**—Prepare the *croûtes creuses* in the manner described, Chapter XXV. Keep them hot while you make this mixture:—To one gill of *Hollandaise* sauce add two tablespoonfuls of grated Parmesan or other dry cheese; mix well, fill the *croûtes*, and set them in the oven just long enough for their surfaces to take colour. Serve at once.

The mixture may be put into little pastry saucers (*croûstades*) for which see page 106. Bake and serve in the same way.

**Cream cheese.**—A breakfast-cupful of pure cream will yield a cream cheese for a party of six. The method is simple enough. Mix a teaspoonful of salt with a large breakfast-cupful of rich cream, stir it well, and then pour the cream into a slop-basin in which a clean piece of soft linen has been laid. The cloth must be saturated with salted water, not dry. When the cream has been thus turned into the cloth, draw the ends of it together, holding the cream as it were in a bag, tie it tightly with string or tape round the neck, and hang the bag in a cool place to drip; when the dripping of moisture from the bag ceases, the cheese is ready: take the bag down, turn the contents out into a clean cloth, mould it into a circular form, or shape it in a neat square, and serve it on a dish garnished with green leaves. Let it stand in the ice-box till wanted. A day will be found sufficient for the making of this kind of cheese in warm weather, and about forty-eight hours on the Hills. Use a porous sort of cloth for the operation if the cream be very thick so as to encourage the escape of the whey from the cheese. It is sometimes advisable to change the cloth during the draining process.





## CHAPTER XXIV.

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### *Toasts.*

**N**O dish is more useful or more generally popular than a savoury toast. We can claim it as our own, for it belongs wholly to the English school of cookery. With it we can often tempt a jaded appetite or gratify a good one; if well made, it serves as a finish to a little dinner, and it is always acceptable at luncheon or breakfast, while in its composition ‘remains’ of all kinds can be used up successfully, without any great effort on the part of the cook or loss of time. Savoury toasts of an ordinary kind ought therefore to be favourably regarded by all thrifty housekeepers, inasmuch as they afford an easy and pleasant way of working up fragments of good food that might otherwise be wasted.

Unless specially stated to the contrary in the recipe, the slice of bread destined to receive any savoury composition should be delicately *fried* till it acquires a golden colour rather than toasted in the ordinary manner. If kept waiting at all, ordinarily toasted bread, when the savoury mixture has been arranged upon it, becomes spongy or sodden, and soon loses its crispness. The easy process of toasting, too, is frequently slurred over carelessly, and the bread is scorched, not toasted. If you watch the

ordinary servant in the act of toasting, you will generally find that he places the slice of bread as close to the glowing charcoal as possible. Setting aside the risk that the bread thus incurs of catching a taint of smoke or a powdering of ash dust, it cannot be evenly and delicately browned, neither can it attain that thorough crispness which is a *sine quâ non* in properly made toast. The slice of bread must be kept some little distance from the clear embers being gradually heated through, crisped, and lightly and evenly browned by degrees. But, as I said before, bread fried in clarified suet or butter is better with a very few exceptions than toasted bread for the sort of dishes we are going to consider.

A savoury toast is not worth having unless it be piping hot: it may be kept hot in the oven, to be sure, but it is never so good as when brought straight to the table the moment it has been completed. To ensure this therefore let the cook be warned to have everything ready; the top dressing or mixture in a pan in the *bain-marie*, the bread cut, and *sauté*-pan at hand. The finishing off can then be carried out in a few minutes. It is better even to keep the table waiting for three or four minutes for a *bonne-bouche* than to serve immediately such a miserable fiasco as a cold or lukewarm toast.

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### Homely toasts.

**Anchovy toast.**—If you use anchovies preserved in oil the process is this:—Take two or three anchovies, scald, wipe them free from oil, split them open, remove their spines, pound the fish with butter to a paste, pass it through a hair sieve into a small bowl and mix with it the yolks of two raw eggs. Cut four neat rounds of bread three inches in diameter, or oblong slices three inches

by two, in each case one-third of an inch thick, and fry them in butter till of a bright golden tint ; drain, dry, and arrange them on a very hot silver dish, and cover them up. Now melt a tablespoonful of butter at the bottom of a saucepan, which should be placed over a very low fire, or be dipped into a *bain-marie* or any vessel containing boiling water ; stir into the melted butter the anchovy pulp and egg ; let it thicken, smoothly and when quite hot spread it over the four toasts, and send the dish up immediately.

Or, **sur le plat**, with anchovy sauce, as follows :— Choose a *very* hot plate, one set in a hot water tin if possible, put a dessertspoonful of butter upon it, let this melt, break into it the yolks only of two eggs, stir well, and drop in sufficient anchovy sauce to tint the mixture a salmon pink. This can be done at the table, while in the verandah close by a servant is toasting the bread. Each piece being brought from the fire as it is ready, should then be dipped at once into the mixture, turned over, and sent round, hot plates having been placed ready beforehand.

Anchovy toasts are of course often sent up with their surfaces dressed with buttered or poached eggs, but perhaps the best is the **Savoury Custard** :—Separate carefully from the whites three yolks of egg and put them in a cup handy ; for each yolk take one ounce of butter ; in a small saucepan heat to boiling point two tablespoonfuls of water, take it off the fire, cool a little, and stir into the water the three yolks one by one and a saltspoonful of salt, lower the fire and over gentle heat place the saucepan, stirring into it, by small pieces at a time, the three ounces of butter : use a little whisk for the stirring, and if patiently worked the result will be a perfectly smooth creamy sauce : finish with a dessert-

spoonful of French vinegar reduced from three. A very low fire is most necessary for if at all overheated the mixture will curdle.

It need scarcely be said that whatever the mixture may be that you intend to put over a toast, it must be prepared first, and kept hot.

WOODCOCK TOAST is perhaps the best variety of anchovy toast when well made. Numerous recipes are given for it, and its name is variously given by writers upon cookery, some of whom present it to their readers under the meaningless title of "Scotch-woodcock." In its unpretending form this toast is exceedingly like the one I have just given, *viz.* :—a better kind of anchovy toast with an egg-cream custard top-dressing, but *real* woodcock toast should be composed as follows :—

Take two freshly cooked fowls' livers—(those of a goose, a turkey, or a couple of ducks, are better still, while the remains of a *pâté de foie gras* are the best)—pound the liver to a paste, mixing with it a teaspoonful of anchovy sauce, or the flesh of one fish pounded, a pinch of salt, an ounce of fresh butter, and the yolk of one raw egg; dust into it a little spiced pepper, pass it through the sieve, and set it aside on a clean plate. Prepare four squares of golden-tinted, lightly-fried bread, one-third of an inch thick, spread the liver paste over them, and set them in the mouth of the oven to retain their heat, but not to burn. Now, heat up in the *bain-marie* a breakfast-cupful of the savoury custard already described, cover the toasts with it, and serve quickly.

The object is to hit off the flavour of the woodcock trail as nearly as possible. If, therefore, it were practicable to make a very strong decoction of game bones, and this were reduced nearly to a glaze, and added to the liver

paste a better imitation of the real thing would be the result.

The preparation may be slightly varied as follows:— Fry the squares of bread, and set them in a moderate oven to keep hot. When heating the custard, *stir into it the liver paste*, etc., work gently over a low fire, and pour it over the toasts as soon as it is quite hot, and thickened sufficiently. Whisking the custard will in this case be unnecessary.

### Egg Toasts.

A number of nice toasts can be made with eggs, for instance **Buttered eggs** (*œufs brouillés*)—if properly made are undeniably good, if served quite simply, upon crisply fried bread, straight from the fire. Grated ham or corned beef, finely minced tongue or Bologna sausage and little dice of crisply fried bacon, can be utilized to garnish the surface of the eggs with; and chopped herbs, chillies, anchovy, or the minced remnants of any fish like sardines, pilchards, or herrings, may be stirred into the eggs just before serving, while grated cheese, and powder of Madras prawns or Bombay ducks may be either dredged over their surfaces or blended with them.

Cold cooked vegetables, such as cauliflower, artichokes, French beans, etc., may be cut up and mixed with the eggs in the same way. In fact, a moment's thought will generally enable a careful cook to improve buttered egg toasts by the introduction of some nice trifle left from a previous meal, which could scarcely be made use of in any other manner.

Buttered eggs when they appear at dinner are, as a rule, served over some savoury decoction as a top-dress-



ing or mask, in which form they are continually called into play.

**Hard-boiled eggs** make a good sort of toast in this way:—Grate a coffee-cupful of pressed beef, bacon, lean, or ham, and cut four hard-boiled eggs into small pieces. Make half a pint of good white or brown sauce; flavour it with a tablespoonful of tomato *purée*, season with spiced pepper, add the chopped eggs, cover and set the pan in the *bain-marie* so as to get thoroughly hot. When required, pour the contents of your saucepan over four nicely fried squares of bread, dust the grated beef over their surfaces, and serve at once.

**Poached eggs.**—For the preparation of poached eggs for service on toasts *see* page 332.

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### Vegetable Toasts.

Spinach, sorrel, and other delicate greens worked up in the form of *purées* make very nice toasts. They may be served on anchovy *croustes* or plainly. Peas, flageolets, French beans and asparagus *purées* can thus be made use of. Buttered eggs may cover them if approved.

An excellent toast can be made with the inner tender leaves and stalks of the BEETROOT. After having been boiled and drained like spinach, they should be chopped up and heated in a saucepan with melted butter, or sufficient plain white sauce to moisten nicely, and a seasoning of salt and pepper, and be then spread upon hot fried bread with as little delay as possible.

Nearly all vegetables, with slight modification according to their peculiarities, can be dressed in this manner on toast.

VEGETABLE-MARROWS and CUCUMBERS should be trimmed in little fillets, their seeds should be cut out, and the pieces thus prepared should be cooked as directed for garnish of cucumbers (page 226). These may be warmed again in a good *sauce blanche* in which a table-spoonful of grated cheese has been mixed, or in a Malay curry sauce, laid upon toasts, and sent up.

The points of asparagus, sprigs of cauliflower flowers, peas, artichoke bottoms, and similar dainty vegetables, provide very nice materials for toasts in association with well reduced sauces such as *velouté*, or *blonde* made upon vegetable broth basis.

French beans are perhaps best prepared for toast by being cut transversely so as to form diamond shapes, and moistened with *soubise*.

Jerusalem artichokes, celery, and leeks should be turned to a *purée*, and dressed as advised for peas, asparagus, etc., and finished with a canopy of grated cheese.

*Aubergines* or Brinjals (*Binegun*), for toast should be chosen young, boiled, drained, and set to get cold; then the seeds and pulp should be scraped out of the pods into a basin, using a plated spoon for the operation. Pass this, if the pods are at all old, through the sieve to get rid of the seeds. Give the pulp a dusting of pepper, and spiced salt and add for four pods of moderate size a dessertspoonful of grated cheese. Fry rounds, or slices of bread, according to the number you want, in butter, and set them to keep crisp and hot in the oven. Next mix in a small stewpan over a moderate fire a *roux* of half an ounce of butter and half an ounce of flour, moisten with half a pint of milk, bring slowly to the boil, stir into it the aubergine pulp, take the pan off the fire,

cool and mix with it the yolks of two eggs, replace it over a very low fire, and continue stirring until the mixture looks nice and thick, and steaming hot; then pour it over the toasts, and serve. A dust of grated Parmesan cheese should be shaken over the surface of the toasts to finish with and Nepaul pepper should be handed round.

BANDE-CAI (*bhindli*) TOAST may be treated exactly in the same manner as the foregoing, as also the pods of the *moringa* ("drum-stick") tree. Be sure that you select tender pods for toast-making, or the result will disappoint you. A tablespoonful of cream improves *bande-cai* toast so much that it should be used if possible.

A *very* superior dish of this kind can be concocted if you happen to be able to obtain the flower-pod of a cocoanut palm. Treat the buds of the embryo flower which the pod contains as laid down for brinjals; that is to say, *boil* the flower, after you have cut it out of the pod, in salt and water till tender, then cut off the buds, and heat them up in a plain white sauce, moistened with milk thickened with the yolks of two eggs, pour them over hot fried *croûtes*, which should be sent up immediately.

NOTE.—The white *stalks* of the flower, if quite young, can be served exactly like asparagus, *i.e.* :—boiled, drained, laid in a very hot dish, with plenty of butter melting over them, or *maître d'hôtel* butter if at hand. No *toast* is needed in this case. The cocoanut flower-pods can be obtained now and then at Madras, for the toddy-drawers cut them off when tapping the palms for sap.



### Meat Toasts.

In this section we come to another series of good and economical toasts—especially those made of game—the

preparation of which is attended with no difficulty whatever. The chief thing is to make sure of a really well-flavoured savoury sauce or broth for the moistening. Only a small quantity of this is required. In the case of game, the pounded bones and scraps, with herbs seasoning, a piece of glaze, and a shredded onion, provide a capital basis to work upon. A thoughtful cook will thus turn to account many a fragment of good food that an ignorant one would probably throw away.

**Kidney toast.**—Take three uncooked sheep's kidneys, split and blanch them first of all for one minute in scalding water to remove that somewhat strong taste which many dislike, then lift them out, and dry them in a cloth. Make about half a pint of as good a broth as you can out of any bones, meat and vegetable scraps you may have, adding to it a teaspoonful of extract. Choose a *saute-pan*, put half an ounce of butter into it, melt over a rather bright fire, slice up the kidneys, put them in, fry for four minutes, turning them about throughout the process, then moisten with just sufficient hot broth to cover them; stew gently now, adding a seasoning composed of one teaspoonful of mixed sweet herbs, a salt-spoonful of salt, and one of mignonette pepper, till the slices are nice and tender, then take them out, drain them, and pour the broth in which they were cooked into a bowl through a fine strainer. Now mince and pound the kidneys to a paste in a mortar with half an ounce butter to assist the operation, and pass it through a wire sieve. When ready, skim any grease that may have risen to the top of the broth, melt half an ounce of butter at the bottom of a small stewpan, stir into it half an ounce of flour, when well mixed add by degrees alternately a table-spoonful of the broth and one of kidney paste until all the latter is expended: flavour the *purée* with one dessert-

spoonful of marsala, half a teaspoonful red currant jelly, one of mushroom ketchup or one of Harvey, one of anchovy vinegar, and a few drops of chilli vinegar. Let this thicken properly by coming to the boil, and then arrange the *purée* upon four squares of hot fried toast. Let there be no delay in serving. If made exactly in this way, this toast will be found an excellent one. Chablis or claret may be used instead of marsala.

With **cold cooked kidneys** a similar process is feasible, provided there be a breakfast-cupful of good broth available. Omit the stewing, and commence with cutting up and pounding the meat, seasoning it with spiced pepper. Or the pounding may be dispensed with, and a minced kidney toast may be made, working otherwise in the same manner.

**Tiffin toast.**—Cut the kidneys out of the cold saddle together with all the fat belonging to them; chop up as much fat as there is of kidney meat for the toast, and put the remaining fat, freed from all burnt skin, etc., into a *sauté*-pan: now fry in the melted fat a large piece of bread till it turns a golden yellow, and has absorbed a good deal of the fat. Take it out, place it on a fire-proof china dish, cover its surface with the chopped pieces of kidney and the fat that you saved, season with spiced salt, pour the remaining melted fat over it, divide it into portions, and put it in the oven. When quite crisp, and ‘short,’ serve as hot as possible. Mustard, Nepaul pepper, and salt, should accompany, and very hot plates should be placed before each guest.

The method of preparing **game toasts** is somewhat similar to that which I have described for kidney *purée*, toast—the cold meat should be picked from the bones, and pounded with a little butter to a paste: the skin and

bones (well mashed) should be set to make a good, strong, game-flavoured broth wherewith to form a thick *purée* in conjunction with the pounded meat, the process of blending and flavouring which is precisely the same as that mentioned in the recipe alluded to. Spread the *purée* upon hot fried toasts, and serve without hesitation.

If arranged on small *croûtes*—round in shape and about two inches in diameter—(their sauce having been thickened with a raw yolk) and allowed to set firmly—cold, these toasts may be egged all over, bread-crumbed, and dipped into boiling fat till of a nice colour, and served after draining and drying like *croquettes*.

All *purées* of meat composed for toasts should be mixed rather thickly so as to *rest* upon the toast, and not spread all over the dish. Nepaul pepper, and quarters of lemon should be handed round with them.

Beef-marrow, as everybody knows, is delicious when eaten *hot* on *hot* dry toast, and to be thoroughly enjoyed there is no better than the good old English way of serving the bones themselves wrapped in napkins, the marrow being picked out of them with a marrow spoon, and laid on hot dry toasts specially prepared at the moment required. It may so happen, however, that you may wish to have ***croûtes à la moëlle*** at a small dinner-party, and would rather not be hampered with the cumbersome service I have just alluded to. In such case the following method may be adopted:—

Either break the bone at home and pick out the raw marrow, or get the butcher to do it for you. Prepare the marrow in the manner described (page 232). Remove the wrappers when quite cold, take out the marrow, cut it into small squares, cover the crisp dry toasts (which must now be got ready) with them, put these on a gratin dish,

season with pepper and salt, brush them lightly over with liquid glaze, make very hot in the chatty oven, and serve at once.

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### Fish Toasts.

Nice toasts can be made with fish, whether fresh, smoked, salt, preserved in oil, or kippered. Some of these are better suited for the breakfast, or luncheon-table, while some are peculiarly fitted for the savoury service which has of late been substituted, at dinners planned on modern lines, for the cheese with its various accompaniments. For fish preserved in oil, the general rule is, first, to get rid of the oil, skin, and bones, then to chop it up on a plate and knead it up with a little fresh butter. Next to mix a small quantity of white sauce, and incorporate therewith the minced fish, add the yolk of an egg, and when thick enough and thoroughly hot to spread it upon slices of fried toast hot from the pan, and dish up quickly. The cold remains of all fish may be thus satisfactorily disposed of.

Buttered eggs go well with fish toasts, either laid as a top-dressing over the fish mince, or mingled with it; the savoury custard can be used in the same way; and hard-boiled eggs may be cut up and mixed with the fish in the saucepan just before serving in the style of egg sauce.

Prawns come in very handily for toasts. The less they are meddled with the better. Boil in salted water and pick the fish and pound the shells as explained (page 379). For about half a pint of picked prawns, take a tablespoonful of butter; melt this in a small saucepan over a low fire, put in the prawns and stir them gently about for some minutes so that they may absorb the butter, lay them on hot fried toasts, pour over them

the butter extracted from the pounded shells. Dust over with Nepaul pepper and a little mace and serve quickly. With the langouste (Madras lobster) or crab, toasts can be made in the same way.

Those who like a slight curry flavour without any great heat will find that object secured by working a salt-spoonful of *turmeric* with the shellfish while it is being heated in the butter. Curry-powder would be too crude. Large prawns must, of course, be cut into conveniently sized pieces.

Shellfish toasts can be made much richer, of course, by moistening the fish with thick white sauce, and some may even put cream into the composition. I cannot recommend this.

*Croûtes aux huîtres*.—These can be best described as toasts over which thick oyster sauce is spread, the surface of this dusted over with finely grated cheese, and lightly browned in the chatty oven regulated for top heat. The oysters should be prepared as described for oyster sauce (page 66), using, however, as little sauce with them as possible, for they must lie on the toast without oozing over upon the dish.

These toasts, with sauce and savoury custard dressings, are best adapted for luncheons and the home dinner, or one to which a couple of friends are asked, when they may appear as a simple savoury *entremets* before the sweet dish.

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### Cheese Toasts.

These may be ranked among the best. Carefully cooked and served hot there are few toasts more generally liked.



An old fashioned plate set in a hot-water tin is a useful utensil for this work. For a simple toasted-cheese toast, all you have to do is to fill the tin with *boiling* water, to melt a little butter on the plate, and lay thereon a round of toast well buttered, and cover it with very finely sliced, sound, mild cheese; set this in the chatty oven regulated for strong top heat, and when the cheese has melted to serve the dish as it is. The water in the hollow tin dish must be boiling.

The well-known title, Welsh rabbit, or rare-bit, is often applied to elaborate cheese toasts which have no real claim to it. The correct thing as made at home is very simple, *viz.*, they cut a slice of mild sound cheese, and prepare a well-toasted piece of toast, slightly buttered, to receive it. They put the latter on a fireproof dish in front of the fire to keep hot while they toast the cheese on both sides, but not so much as to cause the oil to ooze and drip from the cheese. As soon as it reaches the proper stage they lay it on the toast and send to table quickly.

The following recipes for cheese toasts may be useful:—

(a) Grate two ounces of mild dry cheese, mix with it an ounce of butter, a dessertspoonful of made mustard, a half saltspoonful of salt, and the same of Nepaul pepper with a well-beaten egg. Mix well in a basin and work the mixture till it is smooth. If not as stiff as thick batter, add a little grated cheese. Toast a couple of slices of toast, butter them on both sides, place them on a buttered dish that will stand the oven, spread the cheese mixture over them pretty thickly, and bake for eight or ten minutes till nicely coloured.

(b) If you would rather have a smooth, yellow surface, not too crusty or dry, place the prepared toasts in a

buttered pie dish, spread a sheet of oiled paper over them, and after ten minutes' baking in a hot oven they will be ready. Take the pie-dish from the oven, remove the paper, take out the toasts, and serve.

(c) With two ounces of finely sifted white crumbs beat up an egg whole and a tablespoonful of milk; stir into it two ounces of grated cheese, a dessertspoonful of butter, a teaspoonful of made mustard, half a saltspoonful each of salt and Nepaul pepper, and a pinch of mace; if not sufficiently diluted to form a stiffish batter, add another well-beaten egg, arrange on toasts as in the preceding case, bake, and serve very hot.

To make a cheese toast in the dining-room, take two tablespoonfuls of grated cheese, and mingle with it a teaspoonful of mustard powder, a pinch of salt, and a dust of Nepaul pepper. Light a spirit lamp, and, in a little fryingpan placed over it, melt a dessertspoonful of butter; when melted, shake evenly over the butter the powdered cheese, and stir well. As soon as the cheese looks creamy, stop, and pour it over some hot buttered toast brought in on the instant from the kitchen.

**Stewed cheese toast.**—Grate some sound dry cheese: take a clean stewpan, put into it a quarter of an ounce of butter and the same of flour, set this over a moderate fire, mix, and stir in half a pint of milk, add grated cheese in sufficient quantity to bring the mixture to a thick, custard-like consistency, stir in the yolk of an egg off the fire, and pour the mixture over the previously prepared toasts laid in a *légumière*, and serve.

Some like a little beer added to stewed or otherwise cooked cheese: this of course is a matter of taste and discretion. In the case of stewed cheese, beer or porter might take the place of the milk.

**Mock crab toast.**—Pound two ounces of cheese with a dessertspoonful of anchovy sauce, a dessertspoonful of made mustard, and one of anchovy vinegar, a pinch of Nepaul pepper, and a little salt, the yolks of two eggs, and a tablespoonful of butter. Mix thoroughly in a basin, and proceed as directed for toast (*a*).

**Ramequin toast.**—Make the mixture exactly as laid down for *ramequins en caisses* (page 353), or this:—Take two ounces of mild grated cheese, and two ounces of white bread-crumbs; soak the crumbs in milk, and mix them well in a bowl with the cheese and an ounce of butter, add one by one the yolks of three eggs, season the mixture with pepper and salt, and half a saltspoonful of nutmeg or mace. Finally, beat up one of the egg whites to a stiff froth, mingle it with the mixture, which, when completed, should be stiff enough to stand without subsiding. Arrange this in dome shape on the surfaces of some very carefully fried *croûtes*, which should be arranged upon a well-buttered baking dish, and set in the oven for ten minutes, or until the cheese dressings on the *croûtes* rise in the manner of *soufflés*. If served in the nick of time these little toasts will be found very good.

Never use a rich ripe cheese, or one that has begun to show signs of blue mould, in cookery. A little mildew in a bottle of grated cheese will impart a musty flavour to the dish in which it may be used. Choose a clean, fresh, hard, dry cheese for grating, and one that is sufficiently moist to slice without crumbling for toasting. Parmesan or dry Gruyère for choice.





## CHAPTER XXV.

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### *Hors D'Œuvres and Savouries.*

IN the French dinner you often meet *hors d'œuvres* between the soup and the fish, but these are generally served in the form of hot *bouchées*, *rissoles*, *croquettes*, *petites caisses*, etc., and are not the sort of thing referred to in this chapter.

*Hors d'œuvres*, ordinarily speaking, are little portions of smoked or preserved fish, raw ham or sausage, with radishes, butter, pickled gherkins, etc., carefully prepared and tastefully served, which, on the Continent, are offered to the guest to whet his appetite prior to the more important discussion of the banquet itself. In Italy the service of these trifles under the title of *antipasto* has from time out of mind preceded every meal as a standard custom, and it has now become equally common in France. In a warm and enervating climate this kind of prelude to a dinner is decidedly pleasant, especially after a day of brain fag and little or no exercise to stimulate hunger—when the diner, in fact, feels inclined to play with his food rather than to eat heartily. •It is quite natural, therefore, that a service of *hors d'œuvres* should have become popular in India.

Unlike the greater part of the kitchen work, this is

to a great extent done for us, for though taste, discrimination and judgment are of course to be desired in the matter of the choice and arrangement of *hors d'œuvres*, the materials that we employ can for the most part be obtained ready to hand. These are:—*olives farcies*, olives plain, anchovies in oil, sardines, preserved tunny, lax, herring and cods' roes, herring fillets, Brunswick Bologna and other sausages, reindeers' tongues, ox-tongue, smoked or kippered salmon, fancy butters, herrings *à la sardine*, pilchards in oil, *caviar*, potted fish, pickles, cucumber, radishes, etc., etc.

A selection of two or three things from this list ought not to be very difficult.

*Hors d'œuvres*, if served *à l'Italienne*, should be placed in a dish divided into compartments, or upon an oval flat dish. Tongue, sausages, and ham should be most delicately sliced. Preserved fish should be very carefully wiped free from all tin-oil, and re-dressed with the finest salad oil: if of a large kind, small portions should be cut to suit the dish. *Caviar* merely requires the squeeze of a lime, and a pepper of fragrance like Nepaul.

The garnishing of the compartments of the *hors d'œuvres* dish should be tastefully done with knots of curled parsley, curled cress, or little bunches of fresh water-cress.

NOTE.—Sardines can be improved in the cold season by being treated as Norwegian anchovies.—Open a tin of the best sardines, take the fish out one by one, and place them on a dish; tip the dish up slightly, and pour gently over the row of sardines a little very hot water, turning them once so that both sides may be washed. This removes the fishy oil which, carried away by the hot water, drains downwards to the lower end of the sloped

dish. As soon as all this has drained away the sardines can be dried with a cloth, and they will be ready.

Now take a square earthenware pot, such as are sold to hold sardine tins, see that it is dry and clean, blanch and slice an onion thin and put a layer of the slices at the bottom of the pot, with a few bay leaves (*tajipatha*). Arrange over this a layer of sardines, season with freshly ground black pepper and continue the process until the pot is filled, or the fish are exhausted. Pour over the layers a *marinade* of oil and vinegar in equal proportions, and in quantity sufficient to cover the whole, and the next day the sardines may be eaten.

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### Oysters.

Special mention must here be made of the excellent practice of commencing a dinner with oysters. It should be explained however, that oysters thus eaten cannot be reckoned as *hors d'œuvres* although served at the period when the latter are presented. The service is a little course in itself, with its adjuncts forming a distinct item in the *menu*.

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### Canapès.

Instead of the elaborate service *à l'Italienne*, a single cold *canapé*, if very carefully composed, may be placed upon each guest's plate as a prelude to the dinner in the style of the oyster service. Of the two, this practice is decidedly preferable at a dinner party.

Cut some slices of stale brown or white bread a quarter of an inch thick. Butter them well with one of the fancy butters given later on in this chapter, and cut out

of them very neatly a sufficient number of oblong pieces two inches long, and one and a half broad, for your party—one for each guest. Upon each of the pieces put a fillet of anchovy cut into strips, with minced olives between the strips, and, using a silver dessert knife dipped in hot water, smooth the combination over with a little more of the butter. Garnish each *canapé* thus made with a turned olive, a tiny leaf from the golden heart of a lettuce, or a sprig of water-cress. Or sprinkle over each a canopy of grated ham, granulated hard-boiled yolk of egg, or prawn powder.

In like manner you can with a little forethought compose various *canapés*, using lax, caviare, sardines, or fish-roe, with green butter, strips of green capsicum, or of cucumber, and garnishing with powdered hard-boiled yolk of egg.

In making *canapés* for service before dinner, care should be taken to keep them *small*. The dimensions I have given should not be exceeded and the bread should be stale, *i.e.*:—not spongy. It is a good plan to stamp rounds out of the slices of bread with a two-inch plain cutter, to butter them, and arrange tastefully thereon in dome shape the composition you have decided upon, covering each with powdered egg or ham.

Very elaborate *canapés* are propounded by some authorities on the art of cooking designed in variegated patterns, rings, or quarterings, in the style of panel gardening, with coloured ingredients upon circular, oval, or rectangular pieces of bread. Now these triumphs of fiddling are not worth the time and trouble they cost; they certainly suggest fingering, while to people of taste who know what good food is, artificial colouring and patterns offer no attraction whatever. *Hors d'œuvres* cannot be too simple. A

couple of savoury morsels which harmonise well with each other, arranged neatly, and garnished tastefully, provide what is wanted at this period of the dinner, and are surely more inviting than curious and unknown mixtures, all pretty device and colouring notwithstanding.

Another way of presenting *hors d'œuvres sur les plats*, if I may borrow the term, is in little *croûtes creuses* of fried bread, or in *croustades*, or small saucers made of light pastry, methods of preparing which were given in Chapter VIII, page 106.

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### Savoury Butters.

Butters, nicely flavoured and tinted, are valuable accessories both in *hors d'œuvres* and savouries. It is well worth while therefore to go closely into details regarding them. The objects to be kept in view when composing one of these butters are:—pleasant flavour, a pretty tint, and novelty. To secure the first it is clear that the butter—the basis upon which you work—must be the best possible, firm and cold, the other two are matters of taste and discretion.

A small Wedgwood mortar with pestle, and a small hair sieve with the usual board, bat, and little pat prints, are needed in this branch. The colouring is easy enough: you can get a nice green tint from spinach, water-cress, parsley or herbs-greening, yellow from hard-boiled yolks, pink from pounded prawn and langouste shell, etc.: never use cochineal or any of the colourings used in sweet cookery. Novelty rests with yourself: you can ring the changes upon pounded anchovies, sardines, soft herring roes, lax, prawns, and crab; you can use capers, parsley, chervil, water-cress, garden-cress, gherkins, and olives;



while by the judicious selection of your ingredients, all of which are agreeable in fancy butter, you will avoid sameness.

**A standard Green Butter:—**

- 1.—Weigh a quarter of a pound of the best fresh butter.
- 2.—Boil a couple of good handfuls of spinach, water-cress, or country greens for five minutes, drain them on a sieve thoroughly, and gently press out all water from them: next pass the leaves through the sieve and save all the greening so obtained in a bowl or soup plate.
- 3.—Take three whole anchovies from the tin, scald and wipe them free from oil, pick out their back-bones, pass them through the hair sieve, and save the pulp; or treat six fillets of anchovies, in the same way.
- 4.—Pound with the anchovies a full teaspoonful of capers.
- 5.—Having these ingredients ready, first colour the butter by working into it, as lightly as you can, by degrees, enough of the spinach-greening to secure the tint you require. It is always wise to prepare a little more spinach than you think you may want, to be on the safe side. Let the colour be pale or apple green rather than dark green.
- 6.—Lastly, add the anchovy and capers, pulp with the butter and, when thoroughly incorporated, set it in the ice-box, or over a dish containing crushed ice. As soon as it is firm you can trim and shape the butter as you like.

NOTE.—When parsley—the curled English variety—is used for greening it must be boiled fast for eight minutes, drained, pressed, and pounded.

**Maitre d'hôtel butter.**—For this, turn to page 64.

**Beurre Rouge, or Prawn butter.**—Also to be made with the Madras lobster (*langouste*): Pound the shells of a cooked *langouste* with its feelers and coral, or pound the heads and shells of a dozen good-sized cooked prawns with two ounces of butter, season with salt and white pepper, and, as you proceed, add two ounces more butter. When the pounding is complete, empty the contents of the mortar into a stewpan, set this over a low fire, and stir well till the butter turns clear and ruddy; then pour all out upon a hair sieve, beneath which a basin of iced water should be placed; gently assist the passing through of the butter, which, as it drips into the water, will congeal on the surface of it. When you have got all the butter through, lift it from the water with a skimmer, and put it into a warm bowl with two ounces of fresh butter; blend the two together with a butter bat, and set the bowl in the refrigerator; when firm, the butter can be worked into a neat shape.

NOTE.—The pounded flesh of the prawns can be associated with the butter extracted from their shells in this way:—pound the prawn meat with two ounces of butter to a smooth paste, pass this through a hair sieve, and then blend the *purée* with two ounces of the butter extracted from the shells; set in the refrigerator, and, when firm, shape the pat as in the foregoing cases. A slight seasoning of mace with the salt and pepper is generally liked.

**Herring-roe butter.**—Pound six preserved bloater roes to a cream with an ounce of butter to assist the operation. Pass this through a hair sieve. Season with Nepaul pepper and a dust of mace. Blend with three ounces of butter and a teaspoonful of anchovy vinegar. Tint pale green with spinach-greening and trim into shape.

**Ravigote butter** is made with that special mixture of herbs mentioned, pages 70 and 78, a handful of which should be blanched for five minutes in boiling water, drained, and passed through a hair sieve, blended with four ounces of butter, set in the refrigerator, and, when firm, trimmed into a neat shape.

For **Caper butter**, add a good dessertspoonful of well-pounded capers to four ounces of fresh butter, and give it a slight seasoning.

**Anchovy butter** can be concocted as advised for green butter, omitting the greening.

**Yellow butter.**—Hard-boiled yolks of eggs may be passed through the sieve, and incorporated with a savoury butter; they tint plain butter yellow, and the blend should be flavoured with pounded soft herring-roe, anchovies, or lax, and sharpened with a few capers. These additions must, of course, be pounded and passed through the sieve.

**Tomato butter** is of course red. You can make it if you like with the *conservé*, just adding as much as four ounces of butter will take up to acquire a nice tint.

**Water-cress butter.**—Pick, wash, and scald three ounces of water-cress leaves (weighed after picking); pound in the mortar, blend with four ounces of fresh butter and twelve well-pounded capers, pass through the sieve, set in a cold place, and form with the butter bat.

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### Savouries.

Speaking of "the arrangement of a modern dinner" in *Food and Feeding*, Sir Henry Thompson says: "A Parmesan soufflé, a herring-roe toast, or a morsel of fine, barely salted caviare, pale and pearl grey, which may be procured in two or three places at most in town, will

complete the dinner." Again, further on: "Next, the sweet, by reason of its predecessor, sweeter still; yet no palate can be left with this as its last impression, and must be rendered 'clean,' prepared to rest, or perchance to relish the last glass of wine by the delicate savoury morsel which terminates the *menu*." This is the best justification of the existence of a savoury *plat* at the end of the *entremets* that can be quoted. It must not be called an *hors d'œuvre*. It takes the place of the ordinary cheese service, and saves the time that used to be wasted in handing round a number of things that not one in ten guests partook of.

But unfortunately, some people misunderstand this altogether, and instead of the very plain "*petit bout*" advocated by Sir Henry Thompson, present a highly-wrought composition which is wholly out of place at this period of a dinner. The decorative craze manifests itself, and patterns and colourings crop up again to the dismay of the connoisseur. Briefly cream, cheese-cream, *four-gras* associated with cream, *puirées* whipped with cream, colouring, etc., etc., ought not to be used in these relishes. A moment's reflection will settle the point. During the dinner that has now come to an end, cream has probably been taken in two or three dishes—most likely in the sweet dish last discussed; there have been some rich sauces, and quite as much fatty food as man can desire. Surely it stands to reason that the time has come for contrast, and for something plain yet of marked flavour—as Sir Henry Thompson says—"to clean the palate."

There is a large *répertoire* to choose from:—Russian *caviar*; devilled biscuits with or without adjuncts; *croûtes* of kinds, with smoked salmon (*lax*), smoked cod's roe paste, herring-roes, and fillets; *canapés* with grilled mushrooms, anchovies in various ways, devilled sardines,

or bloater paste; *pailles* and *croûtes au Parmesan*—devilled or not according to taste; and so on.

In selecting from this list, which is obviously a mere outline capable of much filling in and extension, mixtures should be avoided: for instance, you sometimes see *croûtes* of herring-roe with mushrooms, two things either of which would be excellent alone, but in combination decidedly inharmonious,—a mushroom is not improved by fishy oil.

Cheese, of course, enters largely into the composition of savouries. The pastry out of which cheese straws are formed is specially useful. If this be rolled out a quarter of an inch thick, and stamped out in rounds or in oblong pieces, and then lightly baked, tasty *croûtes* are provided for *purée* of lax, fish-roe, or smoked fish fillets. Rolled thinner as if for wine biscuits, one can be laid upon another, sandwichwise, with a savoury paste of anchovy or bloater softened with hard-boiled eggs between them and baked crisply.

**Cheese straws** (*pailles au Parmesan*) should be made in these proportions:—a quarter of a pound of puff paste, or the paste given page 106, a saltspoonful of salt, two ounces of grated Parmesan or Gruyère cheese, and a very little cayenne, Nepaul pepper, or a few drops of *tabasco*. Work the ingredients together, roll the paste out about a quarter of an inch thick, cut it into strips a quarter of an inch wide and five or six inches long, roll them round, lay them on a baking sheet, bake, and serve as hot as possible on a napkin.

This paste rolled thin may be stamped in rounds three inches in diameter, upon which a dessertspoonful of lax

or herring *purée* may be laid. The paste, having been folded over this and pinched all round after the fashion of *rissoles*, may then be fried in boiling fat.

The cheese mixtures already given for toasts (a), (b), and (c), or for mock crab, may be used for *rissoles* in the same way.

*Lax purée*.—Take two ounces of the slices, free them from oil, and pound the fish with a couple of filleted anchovies, the yolk of a hard-boiled egg, and two ounces of butter; season with Nepaul pepper and a pinch of mace. Pass through the sieve, and use.

Anchovy *purée* is worked in the same way; four fish are enough for the other ingredients given.

Two ounces of bloaters roe may be used in like manner.

**Petits bouts à l'Indienne**.—Dry prawn curry minced and served very hot in little open pastry saucers two and a half inches in diameter.

Mushrooms should be grilled, seasoned with pepper and salt, and laid upon devilled biscuits or crisply fried *croûtes*.

Smoked or kippered salmon and other smoked fish should be divided into neat little fillets and heated in a *sauté*-pan with just sufficient butter for the operation. When ready, these should be served on hot fried *croûtes*.

It will be observed that these relishes are served *hot*, and mark my previous observation in regard to toasts—unless presented really hot they are worthless.

The best—perhaps the only—cold savoury suitable at this particular time is *caviar* handed in its jar with quartered limes, peppers including Nepaul, and crisp dry toast accompanying.

### Fancy Savouries.

Under this head I propose to say a few words about a different sort of savouries which, served cold, are peculiarly well adapted for luncheon parties, and for little supplementary supper dishes.

There is a great deal gained in having the proper equipment, for it often happens that novelty and success in making savouries of this kind can be attributed in a great measure to the dainty little moulds or neat cutters that have been used for them. Fortunately, these things are not expensive. Taking the former first, the cook should have sandwich, quenelle (or shell), plain and fluted *bouchée*, *dariole*, *bâteaux* (boat-shaped), and cutlet moulds, with patty pans and tartlet moulds—all small. The first named has nothing to do with sandwiches; it is only sandwich-shaped, *i.e.* shallow, oblong, and rectangular. Then china cases, china or silver *coquilles*, or little silver stewpans (*casseroles*) with handles, fluted and plain paste cutters in boxes, cutlet cutters, and vegetable cutters, the pestle and mortar and the sieve mentioned already, and a forcing bag and three pipes in sizes are continually useful.

The preparations to be recommended are: Fancy butters, *purées* of game, chicken, fish, ham, and vegetables, portions of galantines, *pains*, and *crèmes*, potted meats and fish, and hard-boiled eggs.

Instructions have already been given for the preparation of gelatinated *purées* of various kinds, and among the garnishes several things will be found that can be used in making savouries (pages 148—51). Neat patterns can be stamped out of sliced *crèmes*, *pains*, and *galantines*, associated with a fancy butter, masked if desired, and dished in the form of *canapés*. The better class of force-

meats, poached in tiny moulds, may be similarly served. Curried farce (page 298), and fish forcemeat (page 183), are to be recommended as a change occasionally. Ideas can easily be arrived at if the sections upon *entrées*, vegetables, and salads are carefully considered. Indeed, many of the nicest savouries may be called *entrées* in miniature, and what nicer *bonne-bouche* could be wished for than a *fond d'artichaut* laid upon a round *canape* or *croûte* spread with montpellier butter, and masked with *Hollandaise à la Béarnaise*, page 80,—served very cold ?

**Œufs farcis** (page 328) belong to this class of savoury and if made with *foie gras* rank quite among the best.

NOTE.—The use of colourings, other than those I have mentioned, is not to be encouraged. They can all be made at home. Do not spoil good, wholesome-looking food with ready-made pigments. a *purée*, cream, or paste of fish, for instance, is not improved by being stained a deep beet-root colour.

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**Prawn and Bombay duck powders.**—I have referred more than once to these powders in connection with egg cookery, toasts, and savouries. Messrs. Spencer & Co., Ltd., of Madras, issue an excellent prawn powder which cannot be improved upon. My method of producing Bombay duck powder is first to parch the fish (procured in boxes from Treacher & Co., Bombay) in a moderate oven until turning a biscuit brown; to take them out then, and let them get cold. After that to pound them in the mortar, and sift the powder thus obtained through a finely perforated tin strainer. That which will not pass I pound, and sift again. Very good **Fish straws** and biscuits can be made with these powders by following the recipe for *pailles au Parmesan*, but substituting the powder for the cheese.





## CHAPTER XXVI.

### *Pastry.*

**A**LTHOUGH the art of making really good pastry is a gift, rather than an accomplishment, there can be no doubt that the cook of average capacity is capable of improving himself by studying the rules which govern this branch of his work. In order to make these as simple as possible the fewer recipes that are given the better. So I propose to confine attention to four compositions as follows —

(a)—Puff-paste (*pâte feuilletée*).

(b)—Pie-crust (*pâte à pâtés chauds*).

(c)—Raised pie-crust (*pâte à pâtés froids*).

(d)—Short-crust (*pâte à tarte*)

The first to be used for the *vol-au-vent*, patties, mince pies, fruit tarts, tartlets, puffs, cheese cakes, etc.

The second for all savoury pies made in the ordinary pie-dish, such as pigeon pie, chicken and beef-steak pie, etc.

The third for savoury pies made in raised crust, like the well-known pork pie, game pie, etc.

The fourth, which has a short-bread-like texture much liked by some people, for fruit tarts, *tartelettes*, etc.

If a cook can present a good sample of each of these

pastes, he need not bother his head with varieties. Here are a few useful hints in respect of the work generally:—

1.—Use a marble pastry slab Except during the cold weather, or on the Hills, the chief difficulty the pastry-maker in India has to contend against is the high temperature: a jugful of iced water poured slowly over the surface of the slab (since marble retains cold far more readily than wood) is the surest safeguard. In fact, in a warm kitchen without iced water at his elbow, the cook can scarcely hope to turn out really light puff-pastry.

2.—Everything connected with this department must be as bright and clean as possible.

3 —Weigh all ingredients carefully. Some authors converse about cups of butter and tablespoonfuls of flour, but this is too vague in dealing with pastry, for you cannot fix such measurements accurately. Weights are much safer Carelessness in this matter often causes failure.

4.—Every cook should remember that the less he thumps and mauls the dough the lighter it will be, and that the quicker the work is done the better.

5.—Wash the hands before going to work in very hot water, and plunge them into iced or quite cold water afterwards, drying them well before proceeding to business. The frequent use of cold water to cool the hands while working is advisable.

6.—A little practice will enable the cook to mix his dough, in the first instance, with two strong wooden spoons, or with a wedgewood mortar-pestle and one spoon. This is really a matter worthy of consideration Setting aside any over-sensitive notions on the score of cleanliness, it stands to reason that the less the paste is touched by the warm human hand the better and lighter it will prove Similarly, therefore, let the turns in the rolling-out stage

be done with two spoons. If the mixing stage is carried out in a roomy enamelled iron pan, or bowl, set in ice, the spoon process can be easily managed.

7.—In the hot weather pastry should be made, if possible, in the morning before the real heat of the day has set in. It will keep perfectly well, folded in three, if put into the refrigerator. When the time comes lay it on a very cold floured slab, roll it out, and use it at once.

8.—In respect of baking:—Too slack or too fierce an oven will destroy all the careful work I have just described. A good *hot* oven is required, sufficiently brisk to raise the pastry, yet not severe enough to burn or even scorch it. The Native cook is inclined to err on the side of extreme heat, which, I think, accounts for those harsh, tale-like slags of pale brown crust, piled up one on top of the other, which so many of us are forced to accept as puff-pastry.

Next touching ingredients:—The flour used should be the best imported, and in a moist climate, such as that of Madras, it is necessary that it should be dried in the oven and sifted to begin with, for the presence of damp in flour ruins pastry.

Another cause of failure is to be traced to the moisture and oiliness of the *butter*. All butter contains water, and even the best of it requires close pressure before the pastry-cook dare use it. Then when used for this purpose it should be firm, not frozen like a stone, but quite hard enough to be kneaded in a damp cloth to a phant consistency without stickiness or oiling. A judicious use of ice for this ingredient is therefore unavoidable if you desire to use it with success in pastry.

It is owing to this difficulty about butter that the best cooks now admit that of the two *suet* makes the lighte

puff-paste in hot weather. If well clarified it is firm, dry, and capable of being pounded, and spread over the dough, and though pastry thus made may not be quite up to the standard of that made with butter under the best conditions of temperature, it will be found to approach it satisfactorily.

Since then, for the reasons that I have described, you may find it better occasionally to use **clarified beef suet** instead of butter, mark how it is made :—Procure as much good, fresh suet from a sirloin of beef (that surrounding the kidney is the best) as you require and chop it up quite small. Place a large saucepan or stewpan on the fire, fill it three parts full of water, and throw in the minced suet. By degrees this will melt, the skin and impure fragments will sink, and a rich oil will float upon the surface of the water, which should be kept at a simmering pitch. When satisfied that the whole of the fat has melted, suspend operations, take the pan from the fire, and let it get cold ; when cold, the clarified fat will be found congealed upon the surface of the water. Now take it off in flakes, drain every drop of water from it, wipe it dry, and put it into a clean saucepan ; melt it again, and strain it through a piece of muslin into an earthenware bowl. The fat will again consolidate—in a firm, butter coloured cake, as it were—far firmer than butter, though quite as sweet and clean, and the very thing you want for ordinary pastry and delicate *friture* and *sauté* work. Suet thus clarified will keep perfectly good a long time. Observe that you do not *boil* the fat. The melting is gradually effected at simmering point.

Keep the bowl of suet in a cold place, for although it is not as delicate as butter, clarified suet is all the better for being kept cold.

Lard is imported during the colder months of the year ;

it requires the assistance of ice to fit it for pastry-making if the weather be warm, and then, if carefully used, it affords either alone, or in association with butter, an excellent ingredient wherewith to compose a common pie-crust.

**Puff-paste** (No. 1).—Having the following ingredients ready :—a bowl of cold, well-clarified suet or butter, as the case may be, some dry well-sifted flour, some salt, and a jug of iced water, proceed as follows — weigh a pound of flour, and turn it out upon your cold marble slab, make a hollow in its centre, and fill it with half an ounce of salt and a quarter of a pint of the cold water, mix the flour gradually with the water, and when this is done, and the paste half mixed, sprinkle over it by degrees as much more iced water as may be needed to form the dough.

Mix it all now thoroughly, until it ceases to adhere to the slab, and pat it into a round ball, cover it with a cloth, and let it rest ten minutes. Now take one pound weight of the iced butter or clarified suet; if the former, knead it in a cloth till it is pliant; if the latter, pound it in a mortar till it is in a like condition. Next, flour the slab, flatten out the ball of paste to a thickness of about two inches, and pat it into a square shape, spreading the butter or suet evenly over its surface, but leaving a margin all round of at least an inch of paste in excess of the butter; then fold the four sides of the paste to the centre, enclosing the suet, and forming, of course, a smaller square piece. Roll this evenly out nearly a yard long, then fold over one-third of the length towards the centre, and fold the other third over it. This folding in three is called by cooks giving the paste one turn. Be careful that none of the butter or suet breaks through the edges of the paste as you roll it out. Fold, and roll out again, then, having folded up the paste as before, let it rest, if the weather be at all warm, for ten minutes in

the ice-box, in a dish placed over ice. or on a very cold slab. After this, reversing the direction of each rolling, give it two turns, rest ten minutes, then two turns more—six rolls out in all; lastly, fold the paste in three again, cover it with a cloth, and again keep it in a cold place. When required lay it on the cold slab and roll it to the thickness desired, and cut it according to your requirements.

For patties, a *vol-au-vent*, etc., six turns are recommended by the best authors: more than six may do harm. Keep the flour dredger at your elbow, and flour the rolling-pin well before each turn. Keep your hands cold during the whole operation

The chief object is to keep the paste and the butter in level layers, as it were, without an undue quantity of the latter in one place, too little in another, or escapings over the edges. Much must therefore depend upon the careful distribution of the butter in the first instance, and the evenness of pressure and lightness in the rolling. For this reason the old practice of strewing the butter or suet over the surface of the dough in little pieces has been given up for that of *spreading* it evenly so that it may be rolled out smoothly, not in patches

Baking-powder may be used advantageously in pastry making: here is Yeatman & Co.'s recipe for puff-paste made in connection with their powder.—

Measure three breakfast-cupfuls of flour, carefully sifted, and two cupfuls of butter. Choose a cool place to work in, see that the flour is good and dry, the butter firm and free from moisture, and fill two shallow baking-tins with broken ice. Put the flour on a cool slab, mixing into it a heaped-up teaspoonful of the baking-powder; when mixed, form a hollow in its centre, throw the yolk of an egg and a teaspoonful of salt; add a little iced water, and gradually work the flour into it from the inside

of the ring, sprinkling additional water as you require it—about one breakfast-cupful altogether—until you have a smooth, fine dough, free from all stickiness. Pat this into a lump, and put it in the ice-box for a quarter of an hour, then roll it out about the size of a dinner-plate. put the butter upon it, and wrap the edges of the dough over it, carefully covering it. now turn it upside down, and roll it out very thin; reverse it again, and fold it in three. Place it after this on a baking sheet over one of the pans of broken ice, and put the other pan of ice *upon it*. Repeat this cooling process between each double turn, and use as soon as possible when five turns have been completed

Although composed for English and American kitchens—for a temperate climate that is to say—observe the use of *ice* advocated in this receipt. Instead of the butter you can, as I have said, use clarified beef suet.

**Pie-crust** (No 2).—This may be made exactly like puff-paste, but with less butter or suet, about ten or twelve ounces to the pound of flour being enough. But the ordinary kind is somewhat different. By this we mean, of course, a close *crust* an inch thick, glazed externally, with egg—a firm, plain paste that you cut out in a whole piece without its breaking into fragments; pale brown and crusty externally, and soft and pale yellow internally, with bits of the pie adhering to it.

Put one pound of well-dried and sifted flour on the slab, or in an enamelled basin; make a hollow in the centre, and work into it two-thirds of a pound (eleven ounces) of butter or cold clarified suet, finely shredded, adding a teaspoonful of salt. When mixed, stir in the yolks of two eggs, and sprinkle over it by degrees as much iced water as required to form a thoroughly smooth dough. dredge some flour over the slab, and roll the paste out half

an inch thick. Fold it in three, roll it out again, and again fold it. Set it aside covered with a cloth in a cold place. Repeat this until seven or eight turns have been completed, then fold up the paste and cover it with a cloth, giving it a quarter of an hour's rest. After this roll it out half an inch thick, when it may be cut to cover the pie.

**French savoury pie-crust.**—Empty eighteen ounces of flour into a bowl, and rub lightly into it three-quarters of a pound of cold butter or clarified suet; and a teaspoonful of salt, and complete the dough by adding to it by degrees about half a pint of water in which the yolks of two eggs have been beaten. Roll the paste out, give it two or three turns, fold it, wrap it in a cloth, and keep it in a cold place one hour before using.

A plainer crust can be made by reducing the suet, and a richer and more volatile one by adding a couple of ounces or so of iced butter.

**Raised pie-crust** (No. 3) —This is perhaps less understood by the domestic cook than the other kinds that I have mentioned. It is certainly one that people rarely attempt to make at home, under an impression, I fancy, that it is too difficult. Yet, as a matter of fact, nothing can be more simple. Pies of this kind are inexpensive, and for luncheons, picnics and suppers on the Hills or in the cold season cannot be too highly recommended. It is necessary to procure a raised pie mould, which should have movable sides secured by a pin at either end, so that the pie may be easily released when baked.

Put a gill of water into a saucepan, and heat it over the fire; when quite hot, stir into it six ounces of clarified suet and two ounces of butter with a teaspoonful of salt. Stir till the fat has melted, cool this to lukewarm, and then pour the contents of the saucepan by degrees into a bowl



containing a pound and a quarter of well-dried flour. Work the mixture to a stiff paste, adding a little water, if necessary, and turn it out upon a cold pastry slab ; roll it out half an inch thick, as evenly and level as possible, and let it get quite cold. Now butter the mould, and cut a piece of paste, oval or round, as the case may be, a *little larger* than the bottom of it, so that the edges may turn up, and be more readily fixed to the wall, or side-paste ; next cut out a band of paste the width of the depth of the mould and sufficiently long to go round the inside of the wall of it, allowing about half an inch to overlap the rim, fix the lower edge of this to the oval piece at the bottom with white of egg, pinching them closely together and also join the ends of the band in the same way, then fill the pie with whatever meat you have prepared, covering it over with an oval cap, cut like the bottom piece, cementing it with white of egg, pinching it tightly to the overlapping edge on the top of the wall, and making a hole in the centre one inch wide brush the pie over with an egg beaten as for an *omelette* and bake it in a slow oven. Little pies require a slightly faster oven than large ones, but all raised pies should be slowly baked. A *fleuron*, to cover the hole in the cover eventually, should be cut and baked separately.

NOTE.—The paste can be laid over the mould in one piece, care being taken to press it well down with the knuckles so that the bottom and wall of the mould are closely fitted. About half an inch of the paste should be allowed to overlap the rim of the mould to facilitate the fixing on of the covering piece of paste

This receipt for raised pie-crust is a Leicestershire one, and will be found similar to that used for pork pies in that county. If a slightly plainer crust be preferred, the proportion of four ounces of butter or suet to the pound may be adopted.

**Pâte brisée** crust, as used by French cooks for raised pies:—Put a pound of flour into a bowl, make a hollow in its centre and break into it, one by one, three yolks of eggs, mix well with the flour, adding a teaspoonful of salt. Melt eight ounces of butter with half a gill of water over the fire, cool, and then work it into the flour by degrees with a wooden spoon, adding a little water if need be to bring the mixture to a smooth and pliant dough. Pat this into a ball, set it in the ice-box, and when quite cold roll it out and use.

*N.B.*—It is a good plan to make the tops or covers of these pies with puff-pastry.

**Short-crust** (No. 4).—Take for a pound of flour ten ounces of butter, two ounces of sifted loaf sugar, two eggs, and a little milk. Mix together the flour, sugar, and a pinch of salt, with the butter, work this well, then add the two eggs well beaten, and lastly sufficient milk to form a pliant paste. When this has been done cover the paste with a cloth, and let it remain in a cold place for half an hour. This, of course, can only be used for tarts, etc., in sweet cookery.

By omitting the sugar, and reducing the other ingredients, seasoning, and grated cheese being added, a **savoury short paste** is obtained, out of which biscuits can be stamped, which make a nice garnish for spinach, sorrel, and other *purées*, and go well in a like capacity with buttered eggs. Take these proportions:—Six ounces of flour, three ounces of butter, two yolks of eggs, three ounces of grated cheese, saltspoonful of salt, same of Nepaul pepper, and two gills of water to moisten. Roll out a quarter of an inch thick, stamp out the biscuits with a two-inch cutter, lay them on a buttered baking sheet, push into a fairly quick oven, and bake.



## CHAPTER XXVII.

### *Pies.*

**P**IES may be divided into two distinct classes, *i.e.*, those baked in pastry or raised pies, and those done in the pie-dish with a covering of paste. For the former birds and ground game are, as a rule, boned ; in the latter they are put in whole, in halves, or disjointed pieces, according to size and description. Then, of course, there are pies made of cooked meat, and those of uncooked meat, which require slightly different treatment.

Let us take the ordinary English pie—the *pâte dans un plat* of French cookery--the pie of the pie-dish—first. Having selected the flesh or fowl for your pie, the first thing to remember is the jelly broth which must be made separately, and part of it poured in and amongst the layers in the pie-dish before the paste is laid over it. A little wine lends valuable aid to such broths, the remains of a good bottle of champagne, chablis or sauterne can be used with great advantage in pigeon pies, chicken, and ham pies, etc., and claret, madeira or marsala is valuable in game, venison, and hare pies. The broth ought not to *fill* the pie-dish ; about a breakfast-cupful will suffice for a pie of moderate size in the first instance, the remainder being saved for addition after the baking, as will presently be described.

Discourage the use of strongly flavoured made sauces of the Worcester type in pie-making, and rely on the savoury qualities of the meats and broth you employ. Glaze, or one or other of the excellent extracts and essences of meat now easily to be obtained are very serviceable in strengthening the jelly broth. If some preparation be found necessary to flavour, the safest is either Harvey sauce or mushroom ketchup.

The *seasoning* is a matter demanding close attention : here the spiced pepper, described at page 176, will be found useful. Finely chopped liver is a capital thing to shake over the crevices when building a pie, and little bits of chopped kidneys may, in certain circumstances, be similarly used ; while minced cooked mushrooms, minced truffles, or bits of *foie gras* (remnants that you may have saved after an important day's cooking) always come in handily. Ham or tongue, either sliced or grated, is welcomed in every kind of pastry, bacon is quite indispensable, and sliced Bologna, or other flavoured sausage, most useful at times.

All pies require a certain proportion of fat not only for the sake of succulence, but also for nutritive value, which cannot be dispensed with. In an ordinary pie, one-third may be taken as a fair allowance. Some of the richer kinds take more. In French raised pies this element is provided to a great extent by the forcemeat, for which equal weights of fat and lean are generally given.

Always rub your pie-dish with a shallot before packing it, butter it, and sprinkle it with chopped parsley.

It is customary to garnish the surface of a savoury pie with halves or quarters of hard-boiled eggs : if you have a few button mushrooms that have been stewed in milk or broth you can use them for that purpose also, and strew some finely minced parsley over the whole.

The cupful of broth should be poured gently into the packed pie-dish the last thing, just to moisten the contents as it were.

The covering pie-crust, concerning which advice was given in the last chapter, must now be laid on, and the pie set in the oven, a medium heat between fast and slow being the thing required. Let the baking be conducted slowly, and, if at all afraid of an excess of heat, protect the paste with paper as soon as it has browned.

Before laying on the covering paste, wet the rim of the pie-dish and place over it a band of paste an inch and a quarter wide and a quarter of an inch thick. Wet this with a brush dipped in water, and then put on the cover, pressing it firmly to the band, lastly passing a knife round the outer edge to trim it neatly

Always leave an aperture in the centre of your pie-crust, which you can cover with an ornamental device in pastry when the second allowance of broth has been added finally. This is necessary as a vent for the escape of the gas which the cooking of the meat generates, and also as an opening through which you can pour the rest of your jelly broth as a finishing touch half an hour after the pie is taken out of the oven. The glazing of the crust should be done towards the end of the baking by brushing a well-beaten-up egg over its surface. There ought to be little or no difficulty in preparing a moistening broth for a pie, even though circumstances may render it impossible for you to spare *bouillon* or meat broth (page 27) for the purpose. The principles explained in respect of giblet broth (page 63) and scrap-broth for hash (page 261) can be followed easily enough. In the case of uncooked meat the amount of moistening should be as described, but cooked meat having no juices to be drawn out in the baking must have sufficient broth to come level with the

top of the contents of the pie when it is packed. But as some of this will be absorbed, additional moistening must be given after the baking. An ox-foot, a couple of sheep's feet with the crushed bones and giblets of a fowl lend material assistance to pie broths since they yield gelatine and savour as well. Half an ounce of gelatine per pint may otherwise be needed to produce a firm jelly.

### Pies of Cooked Meat.

The following description of a *Domestic Pie* will be useful, I hope, to housekeepers who know what it is to find a few pounds of good cooked meat on their hands without an idea of what to do with them.

A question arose one day touching what could be done with the remains of a fine saddle of mutton. There was a piece of good cold-boiled pickled pork in the house, about a pound of stock beef could be spared, and the bones and back of a cold roast fowl were also available. It was decided to turn them into a pie.

Operations began by cutting as many slices as possible from the meat that remained untouched at the tail end of the saddle : each slice was trimmed free from browned skin, etc., and laid upon a separate plate. About a pound and a half of these slices having been obtained, all remnants of good lean that still adhered to the bones were cut off and put into a bowl.

The bones were then broken up, and cast into a large stewpan with all the skin, fat, gristle, etc., that remained in the dish after the trimming operation. The whole saddle was thus disposed of.

Into the stewpan with the mutton bones and scraps, were now put four ounces of onions, a dozen peppercorns,

three ounces each of turnip and carrots cut up, a bunch of parsley, a small bit of celery, a clove of garlic, a table-spoonful of mushroom ketchup, a bouquet of sweet herbs, the aforesaid pound of stock beef cut up small, and all the remnants of the fowl thoroughly broken up and roughly pounded.

Having been covered with warm water, boiled up once and then simmered gently, in about four hours these various ingredients produced a pint and a half of very excellent broth which was strained off, and set to cool.

The lean remnants which had been saved in the bowl were passed through the mincing machine, and when the broth was quite cold the fat was skimmed off, and a thick *purée* made with part of it and the minced mutton, well seasoned with spiced salt.

The pie-dish was then packed in this way · first a coating of butter and sprinkling of finely minced parsley, with a lining of the *purée*, then a double layer of sliced mutton, over that a layer of sliced pork, another of mutton, and so on alternately, with *purée* in the crevices here and there. the surface was garnished with hard-boiled eggs cut into quarters, and then a breakfast-cupful of the broth was patiently poured over everything, time being given for the liquid to settle in and amongst the contents of the pie-dish, then more broth till the moistening came level with the top of the pie a few slices of pork were now laid upon the surface, and a sprinkling of parsley.

The cook having made the paste (*b*) covered in the pie, and it was baked in a very moderate oven until the crust was nicely coloured.

At the end of the baking, after the pie had cooled for half an hour, the remainder of the broth, which had been saved for the purpose, was gently poured in a lukewarm

state into it through the vent in the centre of the crust. An ornamental flower cut in paste, which had been baked separately, was placed over the aperture, the crust was glazed, the dish was put into the refrigerator until thoroughly cold, and in due course was ready for the table.

Observe the absence of any ready-made sauce in this simple composition. A little spiced pepper was sprinkled over the layers of meat, and some very finely chopped thyme and marjoram—about a teaspoonful in all—was shaken over them also.

When cold, this pie was really excellent, the meat lay invitingly embedded in a delicious jelly, and the flavour was capital, notwithstanding that no wine was put in, and that nothing expensive was used. Instead of the pickled pork, fat of ham or bacon might have been used, while sliced Bologna sausage, tongue, or juicy corned beef might have improved it. A little consideration will enable the composer to vary both the contents and the flavour of all pies made on these lines.

**Turkey and ham pie.**—Assuming that we have a cold turkey (say at Christmas time) upon which there is about a pound and a quarter of not over-roasted meat left, we can make a capital pie in this way.—Slice up all the meat as for hash, trim off all the browned skin and edges. Put this meat, protected by a cover, aside. Break up the whole of the turkey bones as small as possible and put the pieces, with all gristle and skin cut off in trimming the meat, into a roomy stewpan. Now, using the same ingredients, proceed to make a broth in the manner just described for the saddle of mutton pie.

This being ready, proceed to pack the pie-dish: Having weighed the meat, take half that weight of sliced cooked ham, and a quarter of bacon, each fairly fat. Over the parsley sprinkled at the bottom of the dish put a layer of



bacon, then turkey, next ham, repeating the layers, with slices of hard-boiled eggs here and there till the top is reached where a final layer of bacon must be put. Season with spiced pepper and salt between each layer. Moisten now with sufficient of the jelly broth to come level with the top of the pie, and finish as in the preceding recipe.

In the case of previously cooked meat a good savoury gelatinous moistening is quite indispensable, and attention must be paid to the seasoning. As regards the baking there is of course less time wanted: as soon as the paste is cooked and nicely browned, the dish can be removed from the oven.

### **Pies of Uncooked Meat.**

It is almost an established rule in English cookery to use beef-steak as the groundwork of pies made of uncooked birds, rabbit, hare, etc., and it very often happens that this meat, being cut thick and tough is not pleasant eating, and is consequently wasted. To prevent this, choose the nicest undercut of beef you can get—you only want a pound or so as a rule—and have it cut one-third of an inch thick. Divide these slices into convenient pieces, say four inches long by two and a half wide, lay them on a board and season their upper sides with spiced pepper and salt. Next cut thin slices of cold boiled bacon of a like size and lay one of them on each piece of beef, rolling up the latter and enveloping the bacon. Rub the pie-dish with a shallot, butter it, sprinkle finely chopped parsley over it, and line the bottom with a layer of these little rolls arranged closely together. After this the packing of the pie should go on according to the recipe selected, and the description of material in hand. These small rolls of beef will be found to be by no means the worst part of the pie.

Beef, however, is not absolutely necessary as a basis for these pies: mutton, if cut and rolled as above, is a very fair substitute. A good alternative, in the event of being unable to get a tender piece of beef, is to pass the meat through the mincing machine, to season it well, and lay it at the bottom of the pie.

**A Beef-steak** pie made up of these fillets rolled with bacon, packed in layers, well seasoned, and assisted by a little good jelly broth is decidedly good, for although pies made of uncooked meat produce a broth of their own, a moistening is at all times requisite to commence with, and the small addition of some good gelatinous stuff after the baking is certainly an improvement.

A few examples may be now given of useful pies of this class:—

**Chicken and tongue pie.**—A chicken, a pound of ox-tongue, four ounces of bacon, and six mutton cutlets from the neck. Cut up a chicken as if for a fricassee, slice up and trim the pound of tongue, and taking the meat off the bones of the neck in one piece, trim it in slices and roll them with bacon as just explained. Throw the chicken giblets, the tongue skin, and trimmings, the bones broken, and all the remnants of mutton left after shaping the rolls, into a large saucepan with the materials for flavouring recommended in the recipe for the *Domestic Pie*, and make a nice broth with them; when the broth is nearly ready, give it half a glass of marsala, strain, when it is finished, and skim. Pack the pie thus:—a dust of chopped parsley at the bottom, then the mutton rolls, above them a layer of the slices of tongue, next the pieces of chicken with slices of tongue here and there, and a layer of bacon slices on the top. Pour in half a pint of the broth, garnish the top with hard-boiled eggs, cover the pie with a good crust, and bake.

**Rabbit pie.**—One good-sized rabbit, half a pound of bacon, and a pound of gravy beef. Skin and clean a fine rabbit, but neither wash nor soak it, cut it up in the usual way as if for a stew, and wipe the pieces with a clean cloth, dust them with flour and set them aside. Put the head, the neck, and lower joints of the legs (well broken up), and all scraps of the rabbit, with the beef, and the usual ingredients for flavouring a broth already laid down, into a large stewpan, and make the best broth you can with them for the pie. When this has been done, and the fat has been skimmed off the surface of the broth, make rolls of the beef and bacon; also make a plain stuffing as described for hares (page 177), taking half the quantity of ingredients there given, and mingling with it the liver and kidneys of the rabbit finely chopped up with a dessertspoonful of minced shallot. Spread a thin layer of this over the bottom of the pie-dish; immediately above it put a layer of the beef rolls, then the coarser joints of the rabbit, dusting them with spiced pepper, and filling the interstices between the pieces with stuffing; put a layer of thin bacon slices over the rabbit, and rabbit again above that. When the pie-dish is full, lay a few slices of bacon on the top, moisten with half a pint of the broth, garnish as usual, cover the pie with paste, and bake; time, if the oven be in a proper condition, about one hour and a quarter.

**Hare pie.**—This should be made like the foregoing exactly, with two slight variations, *viz.*, a glass of port, a teaspoonful of good vinegar, with a dessertspoonful of red currant jelly should be mixed into the broth, and a little pounded mace may be sprinkled over the meat in addition to the ordinary spiced pepper.

**NOTE.**—In either of the two last cases the animal may be boned, the whole of the bones going into the saucepan

for broth, the meat alone, packed in layers, being used for the pie.

**Pigeon pie.**—A pound of tender lean beef to three good-sized young pigeons, and half a pound of cooked bacon. The process is not very different from that of the pies already described. Make the best broth possible with two sheep's feet, a few stock vegetables, the pigeon trimmings, and any scraps at hand. The pigeons should be placed upon the tender beef (cut into neat pieces and rolled with thin strips of the bacon), do not cut them in halves: let them be prepared whole as if for roasting, and put a dessertspoonful of minced bacon seasoned with pepper, salt, or spiced pepper, salt, with the chopped livers of the birds and a little minced shallot, inside each bird. Half a glass of marsala or any sound white wine may be mingled with the broth, and the pie-dish should be rubbed with a shallot before it is packed.

An excellent pie can be made on these lines with snipe, quails, plovers, partridges, cholum birds, wild pigeons, etc., etc., either alone or in combination. A wine-flavoured broth is required for game with good herbs seasoning, and if a bird or two can be spared to improve the broth so much the better.



### **Raised Pies.**

A proper sort of mould having been lined with raised pie paste, number three, according to the directions given at page 393, the pie itself can be filled very plainly as well as rather elaborately, as will be seen in the following recipes:—

(a) With MUTTON, a plain pie:—Choose a well-hung neck of mutton, cut the meat from the bones in one piece,

divide that into slices half an inch thick, and cut them into squares half an inch across, keeping the fat and lean separate: if the neck be a lean one, a few pieces of nice fat bacon cut into dice must be taken to assist the pie, the proportion being one-third of fat to two-thirds of lean: thoroughly season the meat, when it is cut up, with salt, freshly and rather coarsely ground black pepper, and a tablespoonful of finely chopped curled parsley—nothing else upon any account. With this the pie should be packed up, as closely as possible, fat and lean indiscriminately. Unlike ordinary pies, in this case you must not pour in any broth *with* the meat. The chief thing is the close arrangement of the meat: if put in loosely the meat contracts in the cooking, sinks, and comes away from the side leaving a space between it and the paste. When the mould is filled, put on the cover, not forgetting to make an opening in its centre, cement the edges with white of egg, and pinch them together firmly, brush the top over with a well-beaten egg, and bake the 'pie in a slow oven, protecting the top after it has browned with paper.

After the meat has been cut off in the first instance, all the bones well broken, and trimmings of the neck, with a couple of sheep's feet cleaned and cut up, should be put into a stewpan, with a few vegetables and seasoning just covered with cold water brought to the boil and simmered for three or four hours to produce a jellied broth. A little of this, well reduced, should be poured into the pie through the hole in the top after the pie has cooled for twenty minutes. Fix the *fleuron* over the hole with white of egg, set the pie in the ice box, and when quite cold, serve.

(b) With PORK, when you get it good as on the Hills, the process is similar to that just explained:—choose the meat of the neck or loin one-third fat to two of lean:

omit the parsley: the seasoning for pork pies used in Leicestershire and Warwickshire—where these pies are acknowledged to be specialities—is composed of black pepper and salt only, the proportion being two-thirds of the latter to one of the former. Receipts that mention sage, etc., are incorrect. Pack the pieces of meat as closely as you can, and bake the pie very slowly: a little liquid jelly made from pettitoes and bone scraps should be poured in while the pie is hot after the baking, but no broth should be added before that operation.

(c) With GAME :—If made with game, the birds, hare, etc., should be boned, and the meat cut into small pieces with half its weight of fat bacon. Season with spiced pepper, and pour some liquid jelly (made from the bones, trimmings, and a couple of sheep's feet) into the pie after it has been baked. Twenty ounces of meat with ten ounces of bacon and the amount of paste given in recipe No. 3 will make a good mutton, game, or pork pie on the lines above given, filling an eight-inch oval mould nicely. A plain, game, or liver and bacon forcemeat is, of course, an improvement in the case of game pie. In fact, a forcemeat is an essential feature of all raised pies of a superior kind.

This is exemplified in the following recipe :—

**Pâté froid de gibier.**—A mixed assortment of game—snipe, quails, partridges, plover, cholum birds, etc., and a hare being available, or any two or three varieties of game with a hare, proceed to take the meat from the bones; set this aside for the moment while you break up the *débris* of the game, crushing it thoroughly, and, using any birds that may have been badly shot also, follow the course described, page 146, to make a strong game *fumet*.

Turning now to the meat, separate the better and more tender part of it from the coarser, making use of the latter

with the livers, hare kidneys and hearts for the forcemeat. Put the former cut into neat half-inch pieces into a bowl with an equal quantity of fat of ham or bacon similarly cut ; season this with spiced salt, and sprinkle amongst it a dessertspoonful of finely minced shallot, a claret glassful of marsala with which a tablespoonful of red currant jelly and two of walnut pickle vinegar have been mixed. Let this rest, stirring it about now and then for six hours.

For the making of the forcemeat, *see* page 181 utilizing the materials already mentioned.

When the time arrives line a raised pie mould in the manner described (page 394), and spread a fairly thick coating of forcemeat over the bottom of it and up the sides. Next place a good layer of the pieces of hare over the forcemeat at the bottom of the dish, and then go on packing the game meat closely, with slices of ham, and dice of fat bacon and truffles dotted in here and there, with frequent dustings of spiced pepper, until the dish is almost filled. Cover the surface with a layer of foremeat, and finish with thin slices of fat bacon.

Instead of bottled or tinned truffles, a tin of *pâté de foie gras* can be used in this way.—Trim the *pâté* into dice, and dot them about here and there amongst the game meat during the packing of the pie-dish. If mushrooms happen to be available, take a quarter of a pound of nice ones, and after cleaning and peeling them, toss them a short time in butter in a *sauté*-pan over a low fire. If large, cut them into convenient pieces, or if buttons, put them in whole as you go on with your packing.

The packing being completed, the pie should be covered over with the paste cover, glazed, and baked in quite a moderate oven. A quarter of an hour after it is taken out of the oven, while it is still warm, half a pint of the rich

jellied *fumet* should be poured in through the vent to finish with. After this, the pie should be put in as cold a place as possible. When required, draw out the pins, release the pie from the mould, and serve.

A raised pie of this class is often served at a ball supper or luncheon party with its cover removed, the slices of bacon on the top taken off, and the space filled with broken aspic jelly, turned olives, hard-boiled egg garnish, etc.

**Raised Fish Pie.**—Take two pounds of uncooked seerfish, remove the skin and bones, trim it in slices, sprinkle them with salt and white pepper, and put them into the ice-box. With twelve ounces of uncooked whiting, pomfret, or bectie make a forcemeat according to the directions given (page 183). With all the bones and *débris* of the fish make a strong fish broth (page 117), moistening however with half chablis, half water. After straining this, put it on to boil down till it is reduced to half a pint. Next line a raised pie mould with paste No. 3, coat it inside with forcemeat, pack it with seerfish slices, and forcemeat alternately, keeping them close; cover, when packed, with forcemeat, put on the top, and bake in a moderate oven till the pie takes a nice colour. Take it out, and cool it a quarter of an hour, then pour into it the reduced fish broth and set it in the ice-box till required.

A pie of this kind can be made with tinned salmon provided that good forcemeat of *uncooked* fish be not omitted, with a few fresh fillets also.

Another way of preparing a raised pie may be carried out in this manner:—Line a raised pie mould with paste No. 3, but, instead of filling it with forcemeat and meat or fish, line it inside with buttered paper and fill the hollow with flour or raw rice; cover the top of this with buttered paper and lay over it an ornamented cover of the



paste, fixing it to the rim as if the pie were complete. Bake this for an hour and a quarter in a moderate oven, and when it takes a nice colour remove it. Next carefully detach the cover of the pie, take out the rice or flour and buttered paper, and push the mould with the empty case into the oven at gentle heat to dry the inside of it. Now put the mould in the ice-box, and, when cold, the hollow pie case can be filled in layers with *foie gras au naturel* in fillets, slices of cold cooked turkey, guinea fowl or chicken, the back fillets of cold cooked hare, snipe breasts or of other game birds, etc. Slices of truffles and cooked ham with plenty of fat should be introduced between the layers, and each layer should be moistened with strong meat jelly, flavoured with game or chicken *fumet* and liquefied sufficiently to flow in and among the layers of meat. When quite cold, remove the mould. The top of the pie may be finished now with a ring of egg garnish (page 105), or turned olives round the border, and a little dome of the meat jelly, broken in the centre. Keep the pie in a cold larder or refrigerator until it is required. It is obvious that this sort of pie can be packed with any kind of nice tender savoury meat, the essential part of it being the strong savoury gelatinated essence of meat and game in which the contents are embedded.

### Terrines.

All the trouble of pastry making can be avoided, and an excellent series of pies obtained, by the means of the French glazed earthenware fireproof *terrines* or covered pie dishes to which reference has already been made (page 172). These handy vessels are now procurable without difficulty in various sizes, oval or round, and in pie crust or brown colour. The directions just given for the packing of raised pies can be followed exactly in respect

of *terrines*—the earthenware dish, in fact, simply takes the place of the pastry case. But whereas cooked meat can only be used in the latter in the manner mentioned in the recipe last given, *i.e.*,—put into an already baked pastry case, in layers by degrees, cold, and set with strong gelatinated broth or *fumet*,—you can bake assorted cold meat, moistened with jellied broth, in the former, and let it get cold as in the case of uncooked meat, when it will be found firmly embedded in the savoury jelly. The process after packing, is as follows :—

Lay a band of joining paste round the rim of the *terrine*, wet it, fix the cover thereto, and put the dish in a baking tin with an inch or so of water round it, and bake in a very moderate oven for an hour-and-a-half to two hours. Then take it out, let it rest a quarter of an hour, remove the cover, and pour into the *terrine* from one to two gills of the *fumet*, cover again and put the dish into the ice-box where it should remain four or five hours. When required, take off the cover and decorate the top with broken meat jelly,—that produced by the *fumet* when cold the best.

### Savoury puddings.

These belong to our National school of cookery, and when well made are certainly nice. The best paste for them is to be made in this way :—Put a pound of well-dried flour on a board or slab, make a hole in its centre, break an egg into this, mix the flour with it, adding a salt-spoonful of salt and water in sufficient quantity to produce a pliant paste, pat this into a square shape and lay over its surface six ounces of pounded clarified suet, mix well, roll it out, and it will be ready for use.

A basin is the best thing to use for the boiling : lubricate this with melted suet, line it with the paste rolled at

least half an inch thick, put in the meat, moisten with a coffeecupful of broth, close over the top securely, tie the basin up with a freshly scalded cloth, well floured, put it into plenty of fast boiling water, and continue the boiling steadily for three-and-a-half hours. Directly the pudding is taken out of the water, thrust a fork through its centre to prevent its bursting, remove the cloth and cut out a small square of paste at the top to let out the steam. Serve in the bowl.

Proportions for a pudding of medium size :—The amount of paste just given to one pound of beef or mixed meats, seasoning, spiced salt half an ounce, a coffeecupful of savoury broth, size of basin, -- one that holds a pint and a half of liquid. Time three-and-a-half hours.

• **Snipe pudding.**—Line a pint and a half bowl with the above paste : prepare four snipes as for roasting : lay a thin slice of steak on the bottom of the hollowed paste, and place the snipes over it with bacon slices between them ; cover them with another thin slice of steak, and before closing the paste pour in a coffeecupful of very strong savoury broth. Cook and finish as just described.

A good savoury broth for a snipe pudding :—Mince four ounces of red shallots very finely, put them into a *sauté*-pan with an ounce of butter ; fry till turning yellow ; add a dessertspoonful of finely minced lean of ham or bacon, one whole snipe crushed to a pulp, a saltspoonful of spiced pepper, and a breakfast-cupful of beef broth, flavour with a dessertspoonful of Marsala, one of Harvey and a teaspoonful of red currant jelly ; simmer till the ingredients have yielded their full flavour, and the liquid has been reduced one-third, then strain, and add as already directed before finally closing the pudding. I am altogether against cutting the birds in halves as some advise, or picking out their trails : they are far better left intact.

An excellent **Beefsteak pudding** can be made by preparing the beef as laid down for pies, *viz.*:—Cut a pound of the meat into thin collops, place a thin slice of cold cooked bacon over each collop, season this with spiced pepper, and roll each collop up. Line the pudding basin with paste, and fill it with layers of collops, pour in among the collops a little strong gravy, close the paste securely and boil for three-and-a-half hours.

For **Beefsteak and Oyster pudding**, roll an oyster inside each collop. For beefsteak and kidney, cut the kidney into strips and treat them in the same way, rolling slices of kidney and bacon inside each collop.

Mutton steak—*i.e.*, cut out of a leg of mutton, may be used in the place of beef. It should be well seasoned.

Excellent puddings are made with birds, boned, and rolled up with a slice of bacon, and any nice stuffing, inside them. Take a brace of partridges, for instance, and bone them, lay them out flat, putting a few thin slices of cooked bacon over them, over that strew some chopped mushrooms, their livers chopped, a little minced shallot, and a good dusting of spiced pepper; roll the birds up in thinly cut steak of beef or mutton and put them into the pudding basin, pour in a coffeecupful of savoury broth made from their bones, etc., close the paste over them, and boil for three-and-a-half hours. This is obviously practicable with any game.





## CHAPTER XXVIII.

### *Camp cookery,—Fresh-water Fish.*

SEEING that we possess in the rivers and tanks of Southern India several varieties of fish which, if properly treated, would form most certainly a valuable addition to our food, a few words on the subject may be useful. The possibilities in this direction—from a gastronomic point of view—are not as fully appreciated as they might be, I think, by the majority of my fellow-countrymen in India. Tradition, rather than practical trial, has established a prejudice against fresh-water fish on account of its alleged muddiness, lack of firmness, and the nuisance often caused by its numerous bones. But these drawbacks—when they exist—can be overcome with a little care, and I hope to show that many a nice dish can be concocted with fish which have hitherto been looked upon as not worth the trouble of cooking.

The observations I am about to make cannot be very interesting to those who live within immediate reach of the sea, or to whom sea-fish is brought by the railway. They are addressed most particularly of course, to the large number of Anglo-Indians who do not enjoy either of these advantages, to inspecting officials, tourists, and sportsmen, whose duty or pleasure takes them into camp in remote Districts, and obviously to those who live permanently

at a distance from cantonments. At the same time, it may often happen that even in town-life opportunities may arise for cooking fresh-water fish, when this chapter may be useful.

Together with his able instructions in regard to the capture of fish, Mr. H. S. Thomas gives in Chapter VIII of his less expensive work on *Tank Angling*, a very complete *résumé* of their "names, description, and habitat." This should be studied carefully by all who desire to add fresh-water fish to their ordinary diet, for independently of the valuable information it affords as to the vernacular names of fishes, it frequently indicates the varieties which possess a reputation for their edible qualities.

I believe that I am right in saying that there is not much difficulty in obtaining fresh-water fish in many parts of India. If the tourist be no angler himself, the chances are that there is a member of his retinue who can catch fish easily enough. Mahomedans are often clever fishermen, and among peons, watchmen, and pensioned sepoys you frequently find a man of this disposition. Netting is, of course, practised in all directions by the villagers, and in many places for a few annas a miscellaneous draught of fishes can without difficulty be brought into camp.

Those who have read that most excellent work, *The Compleat Angler*, by Isaak Walton and Charles Cotton (1676) must surely have observed the care with which the authors described the methods of dressing the various fish to the capture of which they devoted themselves. Their recipes, now more than two hundred years old, can scarcely be improved upon, notwithstanding the advance that has been made in culinary science. In the first place, they continually insist upon the necessity of dressing fresh-water fish as soon as possible after capture, and

there can be no doubt that this is correct. Another point is the speedy and complete removal of the viscera. The fish intended for the table should be killed at the water-side at once, and then emptied, the liver alone being saved. It should then be wiped dry with a cloth, and sent up to the camp or bungalow forthwith with directions to the cook for its treatment.

If large enough, fresh-water fish can be crimped as soon as killed, *i.e.*, scored with a sharp knife, transversely from head to tail, on each side nearly to the bone, the cuts being about two inches apart according to the size of the fish. A douche of the coldest water available should follow, and a plunge in the stream in a cool shady spot for a quarter of an hour. Crimping should be carried out before the fish stiffens. The process renders the flesh "firmer, and crisper," (says Sir Humphrey Davy) "by preserving the irritability of the fibre," while the speedy removal of the intestines, and the grass and weeds, on which the fish has been feeding, from its throat goes far to destroy the muddy taste, and to nullify any unwholesome effect that may arise from the sort of food it may have been eating.

Old Isaak inveighed against allowing a fish to soak in water after it had once been cleansed, pointing out that such a practice "abated much of its sweetness." Speedy cooking after cleaning was his maxim.

The directions given in respect of preparative methods for seafish are obviously equally applicable to fresh-water fish. I accordingly invite attention to page 116, and to the observations there to be found regarding the wastefulness of boiling, and the process which I advocate in its stead, *i.e.*, poaching in fish broth. For this broth the trimmings of fish, heads, fins, tails may be used and any sort of fish that may on account of its boniness

be considered to be not worth cooking. Onions, and any available vegetable, should be boiled with the fish, and a little white wine, such as chablis, sauterne, or hock, may be added. Instead of white wine a glass of claret can be used, and, if that be impossible, one of vinegar. The broth in which the fish is poached should be used for the sauce.

In camp there may be difficulties in regard to some of the ingredients I have named, but the principles can be observed as far as possible. A bottle of dried sweet herbs ought always to be included in the camp store-box. In cantonment, of course, matters can be managed simply enough.

If the supply of milk be cheap and plentiful, *Court bouillon à la Nantaise* may be tried, *i.e.*,—milk and water in equal parts, with spiced salt seasoning.

Baking can generally be managed by Ramasámy in camp under difficulties that would petrify his European brother; roasting on the spit, too, he can manage successfully; while stewing and broiling cause less trouble than either of the two former processes, and may perhaps suit his appliances more readily.

There may be sometimes a little difficulty in frying fish when in camp for the medium may not be available in sufficient quantity. Ghee will probably be the only kind procurable, and if perfectly fresh and sweet this may be used for dressing small fry such as the *Chela argentea* (Tam: *Vellachee*), *C. clupeoides* (Tam: *Netteli*), the gudgeon, *Gobius giurus* (Tam: *Ulvay*), and fillets of various fishes.

Dipping in milk and flouring seems better for little fish than bread-crumbling. Ramasámy often introduces a little turmeric when bread-crumbling fish. Whether this should be permitted or not is of course a matter of taste. The



care necessary in respect of crumbing has been fully enlarged upon, *see* page 119.

Filleting fresh-water fish is generally a wise proceeding. The Native cook performs the operation well, and you are thus protected as much as possible from the nuisance of bones. All the trimmings which are left after this process has been carried out come in usefully for the broth required for the pie, stew, or sauce, as the case may be.

The Indian *murrel* (Tam : *Verral*) may be likened to the English jack, and be cooked in like manner. Let it be carefully killed, and cleaned as already advised. Do not boil a murrel if you can avoid it. If under two pounds in weight, *bake* ; if bigger than that, *roast* it on the spit. In either case it must be stuffed, and this preparation can of course be varied at pleasure.

Experience seems to show that ordinary fish derive in cooking the greatest assistance from the essences of *shell-fish*. Thus oysters, shrimps, prawns, lobster, crayfish, etc., are most valuable in sauces and stuffings. Out in a tanky District you often can procure quantities of little fresh-water shrimps and crayfish. With these, well cleaned, you can compose a very good stuffing, using bread-crumbs, eggs, the minced shrimps, a little anchovy sauce to strengthen them, a pinch of mace, salt and pepper. Suet or butter in the proportion of one quarter (or one-third if you can spare it) of the whole preparation is most essential, because it preserves the moisture within, so necessary to prevent the fish being too dry. Tinned oysters, and the liquid with them can, of course, be used instead of the fresh-water shell-fish, or *with* them if the fish be very large.

### **Baking Murrel:—**

(a)—See that the fish is perfectly clean, and thoroughly dry before stuffing it. Take sufficient bread-crumbs to fill

the fish nicely without overcrowding, put them into a bowl, break into the bowl two, three, or more eggs according to the quantity of crumbs, which is of course decided by the size of the fish. The eggs when added should moisten the crumbs sufficiently. Add for three ounces of crumbs about a teaspoonful each of thyme and marjoram from the bottle, and enough chopped suet to represent one-third, or not less than one quarter of the whole mixture, spiced salt and pepper in proportion.

(b)—Instead of suet, tinned butter can be used, or minced cooked fat bacon. Two or three anchovies, wiped free from oil, may be minced and added, or a slight allowance of anchovy sauce; if the liver of the fish has been saved it should be minced, and put in also.

(c)—In deciding the exact amounts of these ingredients you must be guided by discretion, remembering that the crumbs give bulk, and the eggs cohesion; that the suet, butter, or fat provides the necessary internal basting, so to speak, while the herbs, seasoning, and anchovy, yield flavour.

(d)—Having thoroughly blended the whole composition like a pudding, fill the *murrel* with it carefully, sewing up the opening in which it is confined. If, by chance, you have made a little too much, the stuffing that is over can be turned into *croquettes*, being crumbed, fried, and served as a garnish.

(e)—The fish should now be set in the baking-dish (which should be well buttered) in a circular form, if liked, with its tail secured in its mouth.

(f)—During the mixing of the stuffing and the arrangement of the fish, a broth should have been simmering on the fire made of fish trimmings, an onion, some herbs, etc., as already described. This is not required in very large

quantity; unless the fish be very large about a pint will generally be found enough. Use it in this manner:—

(g)—Pour as much of it as will moisten the dish round the fish to a depth of about an inch. Put a little butter on the fish, and then set the dish in the oven. Baste it every now and then with the broth, and use your best endeavours to keep it moist. After about fifteen or twenty minutes' baking, the fish will be done.

(h)—Now mix in a saucepan separately a *roux* with half an ounce of butter and half an ounce of flour; stir together over the fire for two minutes, then add by degrees the remainder of the broth and all the liquid there may be in the baking-dish round the fish. Bring this to the boil, and strain it into a hot sauce boat.

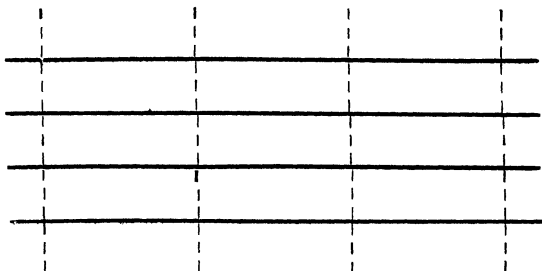
(i)—Put the *murrel* carefully on a hot dish, and serve with the sauce accompanying. Be very careful in moving the fish: indeed, if you think that it may break during that operation, leave it alone, wrap a napkin round the baking-dish in which it should be served.

NOTE.—The broth in the dish being added to and improved by the juices drawn from the fish is in itself a sauce without any assistance. In camp it would be as well to serve the fish as it is with the broth round it without any made sauce.

If the fish be over three pounds in weight it can be roasted. The preparations in regard to cleaning, drying, and stuffing are the same as those just described for baking. The operation of spitting, however, requires great care, for if carelessly done, and the fish be at all over-roasted, the chances are that it will fall off the spit, and break to pieces. To guard against this catastrophe you should make a cradle for the fish in this way:—

Take four strips of thinly split bamboo, cut them a little longer than the fish, lay them in rows four inches apart,

and tie across them, at intervals of six inches, four tapes as in the following diagram :—



The tapes, which are represented by the dotted lines, should be knotted to each strip of bamboo at the points of intersection. Thus we have a cradle large enough for a fish eighteen inches long, and a foot or a little more in girth. It is secured to the spit by the ends of the tapes, which are left over for that purpose. The arrangement is in principle something like the cradle which is placed round a horse's neck to prevent his tearing himself when under treatment for a wound.

Having thus attached the fish securely to the spit, the roasting should be conducted before a clear charcoal fire, and basting should be kept up continually. To facilitate this work, place a tin baking-dish under the fish, put into it four ounces of butter, and when that has melted, a glass of vinegar; catch all the liquid that drops from the fish, and use this with the melted butter and vinegar for the basting. When done, detach the fish carefully, lay it in the hot dish prepared for it, and serve with a sauce composed in the same way as that recommended for the baked *murrel*.

The recipes given for baking and roasting the *murrel* can be applied to several other fish :—the various carps

from the lordly *Barbus tor* or Mahseer downwards, the *Labeos* including the *L. Rohita* or *rohu* of Northern India, the *Catla*, the *Wallago attu* (fresh-water shark), etc., but very large fish are better prepared in fillets, steaks, slices or 'cuts' like salmon at home, than whole. Thus prepared they can be cooked in any way. For instance, in the volume of the *Badminton Library on Coarse Fishing* the cooking in fillets of one of the least esteemed—I might say the most despised—fish that swims in English rivers,—the chub,—is described. Writing of the edible characteristics of this fish, Canon Kingsley propounded the following recipe for its imitation :—"Take a Palmer's composite candle, stuff it with needles and hair-brush bristles, and boil it in ditch-water." Even in Isaak Walton's days the French called it *un vilain*, and for all time it has been condemned as being woolly, tasteless, and full of bones. If then it can be shown that, this disgraceful character notwithstanding, the chub can be presented as "a most excellent dish of meat," surely we may hope to do as well with many of our fresh-water fishes which we have hitherto ignored.

The writer quoted by Mr. Cholmondeley Pennell in the work aforesaid, states that having been much struck by a delicious dish of fish at a dinner at a country-house, he was much surprised at discovering from his hostess that it was made of the much despised chub; he accordingly obtained the recipe (said to have been procured in Italy from a Jewish family) which may be summarised as follows :—

Divide the fish, as freshly caught as possible, into fillets of three or four inches in length and two broad. Make a good broth with the head, tail, skin, bones, etc., assisted by onions, and savoury pot-herbs, black pepper, and salt. Boil separately four or five large sweet onions till they

yield to the pressure of the spoon ; take them out of the water, and slice them up. The broth being ready, choose a roomy stewpan, sprinkle over the bottom of it a seasoning of salt, black pepper, and a little powdered ginger, and over this place a layer of the onion slices ; upon this bed put the fillets, dust them with pepper and salt, and cover them with the remaining slices of onions ; pour in the broth, to which should now be added a wineglass of vinegar, and a teaspoonful of sugar, and close the stewpan securely ; set it upon a moderate fire, and simmer gently until the fillets are cooked ; when this point is nearly at hand, beat up the yolks of four eggs, carefully freed from the whites, with a little of the broth from the stewpan, cooling it slightly before the amalgamation. The fish being ready, lift the stewpan from the fire, and strain off the broth into a clean saucepan. Arrange the onions upon a hot *entrée* dish, upon them place the fillets, mingle the egg *liaison* with the broth, custardize this over a low *fire*, and pour the whole of it over the fillets. The dish is now ready.

It is of course obvious that this procedure can be followed in treating *any* fish large enough to fillet, or a number of small fish which can only give a couple of fillets each : it is very simple, and demands no expensive adjunct, or ingredient difficult to obtain ; it does not even require butter, and it is absolutely innocent of the charge so frequently laid against fresh-water fish dishes, that they are too elaborate, require too much wine, and that at best *la sauce vaut mieux que le poisson*. If large Bombay onions cannot be got in camp, the ordinary red shallots, commonly called “curry onions,” will do ; slices of green ginger would be better than the powder of the dried root, and I can strongly recommend some scrapings of the *moringa*, or horse radish root. Isaak Walton’s recipes frequently

include this flavouring. In cantonments where parsley is obtainable, a heaped up tablespoonful, finely chopped, should be stirred into the broth with the egg thickening; if a glass of chablis could be spared, it would be an improvement, and the addition of an anchovy would certainly be of value in preparing the broth.

Accepting this as a good example to follow in stewing fillets of fresh-water fish, we need only consider the *matelote*, which is a stew of a somewhat richer character. Eels, of which I shall speak presently, are, as we all know, specially dedicated to this dish by the chief writers on cookery, but fillets of fish in variety can thus be turned to good account. In fact Ude translates *matelote* by the English term "hotchpotch," thereby indicating that it should be composed of a medley of fish.

Commence, after filleting the fish, and preparing a broth as in the former recipe, by frying at the bottom of a stewpan in butter a dozen small red shallots cut up as for curry-making. Let them take colour, and then lay the fillets upon them, moisten with the broth, add a muslin bag containing a teaspoonful each of marjoram and thyme, twelve peppercorns, and a blade of mace; pour into the pan a couple of glasses of claret, cover closely, and set it over a low fire to simmer very gently till the fillets are cooked. Remove the stewpan, arrange the fillets upon a hot *entrée* dish, pass the broth through a strainer into a bowl, add to its piquancy with a dessertspoonful each of anchovy vinegar and Harvey sauce blended, one of mushroom ketchup and the squeeze of a lime; in a small stewpan make a *roux* with half an ounce of butter and half an ounce of flour (or more according to the quantity of broth), mix well and gradually stir in the strained broth till a nice sauce is made, skim, and pour it over the fillets. If you can put in with the fillets to begin with a half pint

measure of carefully cleaned fresh-water shrimps, so much the better ; and on special occasions the contents a tin of oysters may be considered an improvement.

**The Eel.**—In this fish we certainly possess a valuable article of diet. Fishermen know that in Southern India we have two varieties, *viz.*, the common eel (*Anguilla Bengalensis*), Tam: *vellang* ; Hind: *tumboo mutchi*, and the *Mastacemblus armatus* ; Tam: *kul-aral* ; Hind: *bugola mutchi*, erroneously called in some places a lamprey. This variety is described by Thomas as an eel with a protruding snout ; it is rather silvery in colour, and deeper in girth than the ordinary eel ; specimens can be seen any morning in the Bangalore fish market, they are caught chiefly, I believe, in the Ooscotta tank. Both of these are very good eating if cooked when quite fresh.

Occasionally it happens that an eel may be a little muddy, but this, as in the case of other fish which vary in the same way, may be attributed to the water in which it is taken, and can be overcome almost wholly by careful and speedy cleaning. This should always be remembered, and skinning is equally necessary. The fish should then be blanched in boiling water for five minutes, and, after being taken out, rubbed with a clean cloth to remove the oily coating with which it is often enveloped. It can now be divided into fillets, and cooked in any of the methods specified in respect of sea-fish, and whether stewed according to the recipes already given, baked in a pie, or served *au gratin*, wrapped in buttered paper and broiled on the grid-iron, curried, or in *moli*, it rarely fails to be pronounced excellent.

For a large eel Isaak Walton's plan may be followed:—Having cut off the head, turn the skin over, and draw it down (as you draw off a stocking) as far as it is neces-



sary for the removal of the viscera ; this operation having been performed very completely, wipe the fish well, and give it three or four scotches on both sides with a knife, put into these a mixture of chopped herbs, and minced anchovy, and stuff it with the same kneaded up with butter ; next draw the skin back again, secure it with a tape at the neck end, and then roast or bake the eel basting first with salt and water till the skin cracks, and then with melted butter and vinegar ; when done, serve it with the liquid which exudes during the cooking as sauce. The vacuum to be filled with stuffing is so small that a little suffices.

### Fresh-water fish soups.

The fish broth I have described merely requires a little development to yield very acceptable nourishment in the form of soup. A *mulligatunny* made with a strong decoction of fish equals, if it does not surpass, the commoner preparation upon a chicken or mutton-broth foundation.

All you have to do is to cut into pieces, after cleaning them, as many fish as you can spare,—say four or five pounds,—with heads, tails, etc., and put these with some salt and black pepper, one ounce of the former to half an ounce of the latter, six onions, and some savoury herbs,—bottled or fresh as the case may be,—into a roomy stewpan ; to cover all with cold water, and bring it to the boil, skimming the surface during the process ; after this, to let it simmer slowly for a couple of hours, then to strain it off and let it get cool. The strong broth thus obtained can now be used in the usual manner for moistening *mulligatunny*. To convert it into soup :—Strain the liquid into a clean stewpan, and for a quart add a teaspoonful of Brand's essence, and half a glass

of Madeira, marsala, or sherry; heat gradually to boiling point, and serve. A few nice pieces of fish may be saved after the straining and put into the soup as garnish.

If the broth be cloudy, and you want it to be bright and clear, clarify it according to the instructions given, page 29, substituting twelve ounces of clean raw fish for the beef, but using one whole fresh egg in the same way. Stir this into the *cold* soup, bring to the verge of boiling, draw back, let the soup barely simmer for half an hour, and pour it off carefully without disturbing the sediment and *purée* of fish at the bottom of the pan.

Eels are most excellent in soup, and if assisted by a strong fowl bones and giblets broth and such vegetables as may be procurable, with sweet herbs, (especially a little basil) and judicious seasoning, a few pounds of this fish will give you a very fair imitation of turtle soup.

The fresh water turtle (*Emyda granosa*), Tam : *Palamai*; Hind : *Dhooth thambale*, is really a delicacy well worthy of the closest attention. This, the edible variety, is distinguished from the repulsive non-edible sort by the yellow colour of its soft under shell, the *Pi-amai*, or *Emys trijuga*, being black and fetid. The former is to be compared with the much-prized terrapin or tide-water tortoise of North America. It provides material for an excellent soup.

**Fresh-water turtle soup.**—The turtle should be killed by decapitation; it should then be hung over a vessel to bleed; when this ceases, the under shell should be detached, the animal being laid on its back to facilitate the operation. Cut all round the edge of the under shell, detach it, and remove the intestines adhering to the back. Take out all the inside, carefully preserving the green fat which is found for the most part round the inside of the shell. Steep this fat in a basin of cold water. Cut off the fins, saw the shells up in pieces, and take the head;

put these to boil separately with the turtle meat simmering until the latter is quite tender, and separates easily from the bones ; then drain off the liquid, cut the meat neatly off the bones, returning the latter with the shells to the broth, and placing the meat between two dishes to get cold. The broth should now be set on the fire again to boil, and reduce somewhat.

In the meantime a strong fowl bones and giblets broth should have been simmering on the fire, assisted by onions, dried sweet herbs, and such seasoning as can be procured. This having been completed the turtle broth being also ready, both should be strained and blended, a muslin bag containing some mixed herbs, including basil and a blade of mace, should be put in, and the amalgamated broths set on the fire to boil, and then to simmer for half an hour, during which stage the cold turtle meat should be put in also.

If required for a thick soup, the usual thickening process should follow, the muslin bag having been removed. The green fat should be blanched in boiling water and used *alone* as garnish. Last of all, Madeira or marsala, according to the quantity of the soup, with a squeeze of lime juice should be added : The soup should then be served. A few drops of tabasco will perhaps be agreeable to many

I do not recommend the introduction of forcemeat balls, or very much herb seasoning. Preserve the delicate flavour of the turtle to the utmost, and remember that it is easily overpowered. For this reason I object to the use of sheep's head broth, for the soup when thus made tastes of the "sheepy" stock, and the turtle flavour is destroyed.

Do not *spoil* the *clear* soup by putting in isinglass, or cornflour starch. If the decoction of the fins, head, shells, and flesh has been properly prepared, there will be no lack of the gelatinous quality which is expected with clear turtle.

If you happen to have caught an eel or two, one carefully cleaned and cut into two-inch pieces might go in with the turtle.

The fresh water turtle is good, both in stew and curry. It should be prepared in the same manner as for the soup in so far as the extraction of the essence of the turtle fins, shells, etc., is concerned. The meat set aside to get cold should then be either stewed gently in this liquid, flavoured in the manner specified for the soup and thickened, or curried in the usual way, the broth being used for the moistening.

NOTE.—The method of preparing salt-water turtle soup is precisely the same as that explained here for the fresh-water turtle. The moistening broth should be a good bouillon, page 27.

### Kippered Fish.

Before winding up this subject I would finally observe that fresh-water fish is by no means to be despised when kippered or collared. Here is an easy method for adoption in camp:—after having been scaled and thoroughly cleaned, split the fish open like a haddock, lay it flat, pepper it well over, and rub in salt: let the fish lie in this state during the night. In the morning rub in a mixture of salt and moist sugar, in the proportion of four of the former to one of the latter, with the juice of a lime to each half pound of the mixture: let the fish lie in this state covered with a layer of salt until the next morning. Now take it out of the salt, wipe it dry, stretch it flat with sticks laid across it, and hang it in the sun. Or, if liked, it can be artificially smoked by being hung over a fire constantly replenished with damp straw, or in the smoke of a wood fire. In the evening of the third day it can be eaten. Cut it into pieces, and turn them about in butter in a *sauté*-pan over a low fire, serving them with the cheese, or on toast for breakfast.



## CHAPTER XXIX.

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### *Camp cookery—Game.*

**I**F at a disadvantage as regards many good things which can only be obtained in cantonment, the sportsman in camp can at all events rely upon being able to obtain game in freshness, and often in variety. But while placing my chapter on this subject in the category of *Camp cookery*, I would observe that the advice it contains is just as applicable to the kitchen of the town or country house, as to that of the camp. First let us take—

#### **The Hare.**

**Roast hare.**—If you have shot the hare yourself so much the better, for then you will not find its heart, liver, and kidneys gone. Skin, clean, and wipe—do not wet or wash it, saving the three parts I have mentioned carefully, *and the blood*. The process of cleaning should be conducted without the use of water. Flavour is lost by washing, while soaking draws out the blood—the very thing that you particularly want to keep in the flesh—and extracts nutritive value also. When quite clean, wipe the carcass inside and out, and let it lie in the *marinade* for game mentioned at page 129 all day, turning it every now and then. As the hour for cooking approaches, fill the hare with a well-made stuffing as for turkey (page 177). The kidneys and heart should be minced and fried in an ounce of fat bacon, with a dessertspoonful of onion ; when done, the contents of the pan should be poured into

a bowl to cool; and when cold, mixed with the stuffing. Now truss the hare. The back should be covered with thin slices of fat bacon secured by tape, after which the hare should be wrapped in well oiled paper, and roasted, a constant basting of melted butter or clarified beef suet, with vinegar and water in equal parts, being kept up throughout the process. When nearly done, the paper wrapper and bacon strips should be removed, and the back lightly dredged with flour; the skin should be allowed to brown, and run into crisp blisters: the hare should then be served with—

**Liver sauce.**—First make half pint of the best broth you can: cut the liver into dice, take a small stewpan, melt an ounce of butter in it, throw into it a tablespoonful of onion, finely minced. Fry till the onion colours nicely, then stir in the chopped liver, shaking the pan for a minute or two. next add the broth, bring to the boil, and simmer till the liver is cooked. Now strain the broth and pour into it through a strainer the *marinade* of port wine, vinegar, ketchup, and red currant jelly which was used for the hare, put it on the fire again, boil up, skim well, and set it in the *bain marie* while you pound the liver and onions to a paste, and proceed to thicken as follows :—

Remove the stewpan from the fire, let the broth cool for two minutes, take part of it separately in a cup, and stir into it the blood you saved in the first instance; mix well, and add this and the liver paste to the broth in the saucepan, which should now be replaced on the fire, and brought *almost* to the boil as in thickening with eggs when it will be ready. Those who object to *liaison* of blood can, of course, thicken with *roux* in the ordinary way—page 44.

**The Râble.**—It is a good plan—especially in the case of a large Nilgiri hare—to remove the head, neck and

shoulders, and hind legs, reserving those parts for soup or stew, and using the back and loins for roasting only. In this case the part to be roasted should be put into *marinade*, and the stuffing and larding conducted exactly as in the preceding recipe. If secured at both ends, carefully basted, not overdone, and served straight from the fire with a good sauce, this fragment of hare is excellent. To serve a **râble à la crème**:—as soon as the roasting is finished, pour off the butter from the dripping-pan and add to the gravy that will be found below it four table-spoonfuls of good brown sauce—"Domestic *Espagnole*" (page 87), boil up in a saucepan, skim, add a gill of fresh cream with the squeeze of a lime, and pour it over the *râble*, serving at once.

NOTE.—Success in roasting a hare entirely depends upon *keeping it moist*. It is for this reason that the wrapping in bacon and oiled paper, and the constant basting, besides a juicy stuffing, are recommended.

There are two ways of cooking a hare whole other than by roasting :

(1) By **Braising**, or, as it used to be called, **En daube**. By this method a hare of a doubtful age for treatment in the former manner can be rendered tender and nice to eat. Prepare the animal as for roasting, the stuffing being carefully attended to ; place it in a roomy stewpan upon a layer of slices of bacon, with twelve ounces of finely sliced onions, well seasoned with spiced pepper, laid round it, moisten with two gills of good broth and one of chablis or sauterne. The back of the hare must be protected by buttered paper, the pan closed, and a few live coals laid on the lid. Set the vessel over a low fire, so that the cooking may be as slow as possible Every now and then baste

with half a gill of the broth saved for the purpose, and when the hare is three parts cooked, remove the pan, and strain off all the broth from it; skim and stir this into a stewpan, by degrees, in which a *roux* of half an ounce each of butter and flour has been mixed; stir till it boils, and then return it to the pan containing the hare. A couple of dozen of parboiled button onions should be put in, and the slow cooking continued until the hare is ready. Serve with the button onions round it and some of the sauce, the rest being presented in a sauce-boat.

(2) The other method is that known as '*à la casserole*,' an excellent way of cooking which is mentioned in respect of a fowl in the Menus. It is simply roasting inside a closed earthenware *casserole* or *brasière*. The meat must first be set by being turned about in butter at the bottom of the pan over a brisk fire; after which the latter is closed, and the process carried out either in the oven, or over a low fire with a few coals on the surface of the vessel. Continual basting with specially made meat gravy must be carried on, the pan being covered after each application. A tiny atom of garlic improves the flavour, and rosemary with the thyme and marjoram in the seasoning is recommended.

It is often said that the French *civet de lièvre* and the English jugged hare are virtually the same thing, the only difference being that one is done in a stewpan, and the other in a covered jar or any closely sealed vessel. But I think that, although each dish is good, there is really no great resemblance between them. A *civet de lièvre*, as served now-a-days by a good cook, is a most delicate *ragoût* requiring no little skill and judgment, while jugged hare may be called a self-cooked stew which any beginner with a good recipe to follow can



**manage.** For the former work as follows : Having cut up the hare into neat pieces, season them highly, and marinate them with a few spoonfuls of cognac and a sprinkling of sweet herbs for six or eight hours. Then drain, dry, and fry them over a fast fire in melted bacon fat till they are lightly browned. Dust over now with flour, turn the meat about for a few minutes longer, and then moisten with enough warm broth and red wine to cover,—two-thirds of the former to one-third of the latter. The wine should have been boiled beforehand in a non-tinned vessel, or the colour will be affected. Now bring the contents of the stewpan to the boil, and after two minutes at that temperature, draw the vessel back, set it over moderate heat, adding herbs, sliced onions (half a pound), and seasoning. Simmer now till the meat is quite tender when the vessel should be removed, and the *cuisson* strained off. This having been put into a separate stewpan, should now be turned into a sauce with *roux*, a teaspoonful of vinegar, a tablespoonful of Harvey, and one of the wine, followed by reduction, all fat being skimmed off. Meanwhile the pieces of meat should be neatly trimmed, and freed from any vegetables that may adhere to them. Dish the *civet* on a flat dish, surrounded by a ring of small onion separately cooked and glazed. Pour the sauce over the meat, and serve. Observe that there is no red currant jelly in this ; that the wine is claret, not port ; and that spice, at one time so freely administered, does not appear at all.

**Jugged hare** (equally applicable to a neck of venison or a young porcupine) is perhaps the best dish for camp life ; by many it is considered in *any* circumstances the best :—Proceed as in the foregoing receipt as far as the skinning and cleaning is concerned. When ready, cut the hare up into neat pieces, dredge them with flour, and

give them a few turns in the *sauté*-pan with some butter till they take colour. Prepare beforehand a pint and a half of good strong broth (one made of fowl bones with giblets, game fragments, and a teaspoonful of Lemco Bovril or Brand's essence, will do in camp) and choose a vessel that you can close securely with paste: put the pieces of hare into it, with twelve ounces of chopped onions, a tablespoonful of dried herbs in a muslin bag, the juice of two limes, a dessertspoonful of salt, pour in the stock, throw in a *wineglass of brandy*, and seal the vessel as closely as possible; place it in a pan of cold water, set this on to boil, and continue boiling the covered pot for three hours. When done, open the pot, stir into it a bumper glass of port, a dessertspoonful of melted red currant jelly, and a lump of butter. Or you may strain the broth, thicken it with the blood or with flour and butter, add the wine, etc., and pour it over the meat again. Serve with a dozen balls of stuffing, made as for roast hare, and fried in butter. Instead of boiling the jar, it may be placed in the oven and baked for two or three hours.

This process can be followed with all sorts of game, such as partridges, jungle fowl, plovers, quail, pigeons, pieces of venison, jungle-sheep, cholum-birds, doves, etc., etc. The '**Ominium gatherum**' **Jugged stew** is always welcome, and should be regarded as a speciality of camp cookery. Lean bacon, Bologna sausage, and spiced pepper, improve it greatly.

An excellent **hash** may be made of a cold roast hare (or venison) in this way:—Trim off as much of the meat as you can find in slices, and cut out what remains of the stuffing: break up all the bones and put them with the skin and scraps into a stewpan with from six to eight ounces of onion cut up, peppercorns, a bit of celery if

possible, and a good seasoning of dried herbs with any sauce that may have been left, a couple of glasses of red wine and enough water to cover the bones, etc., bring to the boil once and after that simmer these ingredients for an hour and a half, finally straining off the broth. Thicken it with butter and flour, season with salt, add a dessertspoonful of red currant jelly, a tablespoonful of mushroom ketchup, half a glass of vinegar, and a little more red wine: gently heat up the slices of hare in this sauce, taking care that they do not boil, and serve with the stuffing sliced and fried in butter as a garnish. As in the case of all hashes (*see* page 260) this is much improved if the meat be marinated in the sauce for some hours before the heating up

**Hare soup.**—Of this, of course, there are three varieties—the thick, the *purée*, and the clear. The first is a decoction of hare in stock, thickened, without the addition of meat; the second like the first, but with the meat of the hare pounded and blended with it; and the third also made like the first, but, instead of being thickened, clarified, a slight consistency (not to interfere with the clear effect) being imparted by Groult's pulverised tapioca or arrowroot. Julienne-like strips of the meat of the hare, and on special occasions of similar strips of freshly-opened truffles form the garnish of this remarkably good soup. Claret should be used in the two first-named soups, chablis in the third. For the large quantities of port wine which were formerly considered essential in these preparations, with spices, ham, red currant jelly, ketchup, orange or lemon juice, etc., have been given up, and the chief thing now is to extract the pure flavour of the animal with as few accessories as possible, and to use light French wine in moderate quantity. The back fillets can always be taken for an *entrée*, leav-

ing plenty of material for a good soup—the head, neck, carcass, legs, thighs, and shoulders.

In camp the first variety will be probably the one most in demand, when the ‘scraps stock’ I have described already will be found quite good enough. Of course, for Christmas festivities, there may be a tin of soup allowed for strengthening purposes, but to tell the truth I have made as well-flavoured and enjoyable a hare soup as even a fastidious man could desire, out of the *débris* of a cooked hare, on the lines just laid down for the hash. The old fashioned elaborate recipes can be laid aside. There is much importance in thoroughly pulverizing the bones, in using plenty of onions, a good seasoning of herbs, and the wine and jelly. The soup, when made of uncooked materials, can be extracted by the jugging process. The thickening (page 44) as described for *potages liés* is the proper one.

**Sauces for Hare.**—Although the liver sauce already described is a good standard sauce for a hare, there are a few other kinds which may be noted, for sometimes the liver may be wanted for the stuffing, and sometimes it is spoilt in the shooting. A *pourade*, as described for venison, is the sort of sauce adopted by French cooks, but a creamy *soubise* or *soubise tomatée* goes well with a hare. A brown sauce distinctly flavoured with orange juice, zest, and lime juice in the style of *sauce à la Seville*, page 81, is another suitable one, while with a well roasted *Râble* a creamy *bread* sauce, or *purée* of celery, and brown gravy are always acceptable. Also all the nut sauces page 68.

**Venison.**—Note that the dryness and general want of fat of venison can be combated, the former by cookery, the latter by larding or barding. It is first of all quite a *sine quâ non* that the meat should be *marinated*. The

process not only improves its flavour, but it renders it more tender and juicy. Meat will keep when in *marinade* that would go bad in a few hours if ordinarily hung. A reliable **marinade** (which by the way can be made before you proceed into camp and be taken out in bottles) is made in the following manner. Mince four ounces of carrot, eight ounces of onions, a tablespoonful of mixed herbs from the bottle, and an ounce of parsley: put these into a stewpan with one ounce of butter: fry for five minutes, and then add one pint of vinegar, one quart of water, one and a quarter ounce of salt, a half ounce of pepper and a blade of mace. Boil up, and then simmer for half an hour; strain, and the preparation can be used or bottled as occasion may demand. In cold weather a piece of venison can be kept three or four days in this liquid: see that it is constantly turned. The roasting should be attended to carefully: first *set the flesh* after wiping it well by holding the joint over a clear charcoal fire for a minute. Cool, cover with thin slices of fat bacon securing them in position with tapes. When thus prepared, wrap it in oiled paper, and proceed to cook it in the manner prescribed for roast hare.

*Poivrade* sauce for venison or hare:—take one pint of the *marinade*; boil, skim, and strain it; thicken it with an ounce of butter and an ounce of flour; tint with *caramel*, reduce a little, add a teaspoonful of Bovril or other meat extract, and a tablespoonful of marsala, and serve. See Wyvern's *poivrade*, page 82, which may be served hot.

In cantonment, with the proper appliances at hand, I would braise rather than roast the venison, using for its moistening a carefully made broth extracted from its bones and trimmings.

A nice dish can be made with a shoulder, neck, or breast of venison in this way:—Bone and trim the piece

of meat neatly, put it in marinade, and with the broken-up bones and trimmings and such assistance as may be available in the way of giblets, game and chicken bones, onions and good seasoning, proceed to make a broth. After marinading for six hours, take out the meat, dry it, dust it with spiced pepper, line the inside of it with thin slices of cooked bacon, over that spread a layer of stuffing as described for hare, roll up the meat, tie it into shape, bard with bacon, and wrap in buttered paper; roast, basting very carefully, and serve with any of the sauces that have been mentioned, using the broth made in the manner just described as a basis, red currant jelly accompanying. Or braise, using the broth for the moistening.

Venison can be treated like mutton in the form of *côtelettes*, *noisettes*, *grenadins*, etc., marinading is advisable, and the best pains should be taken to get a well-flavoured broth for the sauce which accompanies them out of bones and scraps of the venison.

**Jungle-sheep** requires just as much care as ordinary venison, for if cooked like mutton, in the style generally adopted by Ramasámy, it is, as a rule, dry and insipid. The neck and loin chops are excellent when “jugged” as prescribed for hare.

### Roasting Birds.

The rule of the **roast** in regard to **game birds**:—the florican, Himalayan pheasant, pea-chick, partridge, jungle-fowl, etc., is easy enough, but the work must be carefully done for game is easily spoiled, especially by over-roasting. Birds ought not to be done in the oven, because it is impossible to baste them properly if cooked in that manner. Of course the first thing to do is to

pluck, draw, singe, and truss, placing a couple of shallots and one ounce of butter or roll of fat bacon inside the bird. Then to lay over its breast a broad slice of bacon, securing it in its position with tapes, and covering that with buttered paper. Next to roast the bird over a good clear fire, basting it frequently as for hare. A few minutes before the bird is done, remove the slice of bacon, and baste with butter so as to let the breast take colour. Serve with plain brown gravy, fried crumbs, and bread sauce. For time in roasting, see page 164.

**Brown Gravy.**—In English Cookery books the term *gravy* is, as a rule, applied erroneously to *any* liquid extract of meat, bone and vegetables. I made the mistake myself in previous editions of this book. For all ordinary decoctions, the proper word is *broth* (*bouillon*) *Gravy* (*jus de viande*) must be strong, pure, and clear, a *bonâ fide* savoury extract of meat. The reddish-brown juice extracted by roasting a joint which is found in jelly at the bottom of the bowl of congealed dripping is the sort of liquid we require. There is, however, rarely enough of this excellent stuff at hand, so *gravy* must be made. What we have to do to get this is to draw the glaze from raw meat, then to dilute this by the addition of a little water, next to extract all the sapid elements that remain, and to impart a pleasant flavour with certain vegetables and seasoning. Several recipes might be given for gravies in which beef, veal, fowl, and ham might be used, and in places where expense is a matter of no importance, extravagance could, of course, assert itself in this direction. Our object being, however, to do the best we can in ordinary circumstances, perhaps a reliable **domestic gravy** will meet our requirements.

For a pint of this :—Take one pound of fresh fowl giblets and trimmings, half a pound of lean *gravy* beef,

and use the giblets of the game itself besides. Cut the beef into little squares; wash, scald, and dry the giblets, cut them into very small pieces. At the bottom of a stewpan put a layer of sliced onion with two ounces of clarified beef suet, and over this lay the cut-up meat and giblets. Put the pan over a moderate fire and fry till the contents are slightly coloured, then pour into it a small coffeecupful of water or broth; keep the fire fairly brisk and reduce gently till a light brown glaze forms at the bottom of the stewpan, turning the meat, etc., during the cooking, so that all may be coloured evenly. Add now a pint and a half of hot water, a bouquet of herbs, two ounces of carrot, and turnip, a quarter of an ounce of salt, and six peppercorns, increase the heat under the pan and bring to the boil, then ease off the fire again to simmering point, keeping the vessel three-parts covered. The slow simmering must be carefully maintained, for, if allowed to boil, the gravy will not be clear. After two hours' cooking in this manner the liquid, somewhat reduced, may be strained off into a bowl in which it must rest till it becomes cool when the fat should be skimmed off. When quite cold it will be a firm jelly, which, when the gravy is wanted, must be melted over the fire, and when almost boiling poured into a boat.

**Fried Bread Crumbs.**—Make four ounces of bread crumbs by putting a few thin slices of bread into the oven and keeping them there till they turn a golden yellow and are quite crisp: the oven ought not to be at all quick, or they will burn. Pound these in the mortar or roll them into crumbs on a board with a rolling-pin. Sift the crumbs with a wire sieve so as to get them of an even size. Then lubricate a *sauté*-pan with melted butter or fresh beef dripping, lay over this enough crumbs to cover the surface thinly and stir them about with a fork over a



low fire ; when the crumbs have absorbed the butter, spread them on a hot dish and push this into the oven to dry, going on with relays of crumbs till all are done and dried. The term frying is really erroneously applied to this preparation, a mere process of gentle absorption being required followed by drying to prevent greasiness. Pounded baked crumbs of a good crust colour, nicely sifted, may be heated in the oven plainly and served with game with good effect.

Larding is of course an optional proceeding, but barding, *i.e.*, the tying of a slice or slices of bacon over the breast is most necessary. In the absence of bacon, paper well smeared with suet should be wrapped round the bird and secured with string, but this must be removed for the browning stage towards the end of the roasting.

The caution given at page 162 as to plucking, and at page 163 as to parboiling before roasting, with my remarks in respect of roasting too soon before a bird is wanted, should be repeated here, for game is ruined by these practices.

Partridges, and game birds that seem rather old, are better if turned into the camp stock pot at once ; still, very careful stewing often renders old birds palatable.

Perhaps the *best* way of cooking Indian partridges is with cabbage, **perdreaux au chou** :—

Prepare four partridges as for boiling, with their legs tucked in : bard their breasts with bacon and put an onion inside each of them. Cut a nice cabbage, weighing about a pound, into quarters, and steep them in cold salt and water for a quarter of an hour, after which blanch them in boiling water ten minutes, then drain and press out all moisture. Now take a roomy stewpan, line its bottom with seven ounces each of carrots and onions

sliced in rings, a sprinkling of powdered herbs, and a dusting of salt, and pepper. Put the partridges above this lining, inserting a quarter of cabbage in the spaces between each bird, a slice of bacon here and there, and a dozen thin slices of Bologna or Brunswick sausage. Moisten with a strong broth made of the bird and meat trimmings, a couple of sheep's feet, and vegetables, with a seasoning of herbs, pepper, and salt. This should be sufficient in quantity to cover the birds. Bring to the boil, and then simmer very gently, closely covered, for an hour and a half; by this time the birds will be thoroughly stewed. Take off the pan, place the birds in a hot covered dish, with the bacon and sausage. Drain off the broth. Put the cabbage into a buttered stewpan, and stir it over a low fire to absorb its moisture. Now dish as follows :—

Make a bed in the centre of a hot silver dish with the cabbage and vegetables, lay the birds in halves neatly upon it, with the sliced sausage and bacon as garnish. Serve the broth in a boat very hot. I have cooked Himalayan pheasants, and tame pigeons, in this manner with the best results.

As much depends upon the good flavour and strength of the broth, it is a good plan to sacrifice a whole partridge for its improvement; the bird should be well broken with a chopper and added to the other ingredients in the broth pot. Some like to add to the broth, after it is strained off, a tablespoonful of marsala, and a few drops of tobasco.

A **salmis** of game birds is too often looked upon as the manner in which cooked game should be served *en réchauffe*, whereas the bird should scarcely be cooked at all before being stewed. The correct method is to prepare small birds as if for roasting and conduct the cooking exactly according to the directions given for

*civet de lièvre*, using red or white wine as may be desired. For larger birds, the following method should be carried out:—Roast them before a clear fire, basting well with melted butter and bacon fat; take the birds away as soon as they have browned nicely, and let them get cold. They must be juicy and by no means overdone. When cold, carve from each bird the wings, breast, and legs, and trim each piece as neatly as possible, removing the skin from it. Take all the trimmings and put them with the carcasses, chopped up, into a stewpan; add a slice of lean ham, or bacon also cut up and put in a dozen minced shallots, a bouquet of sweet herbs, two cloves, the least bit of cayenne, and a saltspoonful of salt; add a sherry glassful of chablis or marsala and as much broth as will well cover the contents of the saucepan. Set it to boil and simmer for a couple of hours, strain off the liquid, and, when quite cold, take off all fat. In a separate saucepan make a *roux* with one ounce of butter and one of flour, and proceed to thicken the broth. Let it get cool, put the pieces of the birds into it, and let the whole rest for at least an hour, marinading, as it were, so that the meat may be well flavoured. When the time of serving arrives, place the vessel containing the *salmis* closely covered over a low fire and let it gradually become hot without boiling, adding to it a tablespoonful of marsala blended with one of lime, and one of orange juice. Arrange the pieces of game neatly in a hot silver dish, and pour just enough of the sauce over them to glaze them, serving the remainder in a hot sauce-boat. The addition of truffles, mushrooms, cockscombs, *financière*, etc., is of course a matter of choice, and the occasion.

Partridges are very eatable when cooked as rabbits in the ordinary domestic way—gently simmered, and smothered in onions. They also make a very savoury Irish stew.

### Rabbits.

I am in this way led to say a few words about **rabbits**, for though they cannot be considered as *game*, they make, if very carefully treated, some decidedly nice dishes when *cooked as game* and submitted to similar preliminary treatment. Thus, if a young and well-grown and well-nourished rabbit be prepared exactly according to any of my recipes for hare, it will be found a capital dish for a change.

Touching the time-honoured method to which I have just alluded, I recommend, instead of the ordinary way of cooking the rabbit whole—which is carried out, as a rule, far too fast, so that the flesh is found to be leathery and tough—that the following plan be tried :—

Cut up the rabbit neatly, as if for jugging, and proceed in either of the two following ways :—

*White stew with onions à la Soubise* :—Blanch the pieces in boiling water for two minutes merely to seize the meat. Drain them : put them into a stewpan with about six medium-sized onions—say fourteen ounces to a pound in all after peeling—two cloves, a teaspoonful of mignonette or white pepper and salt blended, a dessert-spoonful of mixed herbs in a muslin bag, and a large sprig of parsley. Cover with hot milk and water in half proportions, just bring to the boil, skimming off the scum, then reduce to simmering : continue this gently, the vessel part covered, for forty-five minutes, and the stew will be ready. Pick the meat and the muslin bag out of the vessel, strain off the broth, pass the onions through the sieve, adding a little broth to assist the operation. In a separate saucepan melt an ounce of butter, mix into it one ounce of flour, make a thickening of these by stirring over a slow fire for five minutes, add broth and

onion *purée* by degrees, bring to the boil, arrange the pieces of rabbit on a hot dish, pour the sauce over them, and serve.

*Brown stew with onions à la Bretonne* :—Peel, blanch for five minutes, and cool six medium-sized onions : then mince and put them into a stewpan with an ounce of butter, a saltspoonful of salt, and a teaspoonful of sugar : fry, stirring them about till they turn a reddish brown colour, then add enough second stock or broth to cover them, and stew them till tender. When quite soft, drain the onions upon a sieve over a bowl, save the broth in which they were cooked, and pass them through the sieve into a dish separately.

Cut up the rabbit as in the first case, melt a couple of ounces of good beef dripping in a stewpan, turn the pieces of rabbit about in this till they take a good colour, season with pepper and salt, and dredge over them a tablespoonful of flour. When nicely coloured, cover the meat with broth, including that in which the onions were cooked, adding a seasoning of spiced pepper and salt ; set the pan over a moderately fast fire, bring to the boil once, then immediately reduce the temperature, ease off to slow simmering, with the vessel covered closely. In about forty or five-and-forty minutes the rabbit will be done. Now proceed as in the former instance to strain, skim, and thicken the broth in which the rabbit was cooked, adding the *purée* of onions to it and serving the dish in the same way.

Whichever plan you adopt, remember that there should be no stint in regard to the onions. The pieces of rabbit should actually be bountifully smothered.

The French standard dish :—**Gibelotte de lapin** is a *ragoût* made exactly like the *civet de lièvre*.

Among the different ways of serving rabbits **Lapin au riz** must be mentioned. The process is exactly like that given, page 349, for *poulet au riz*.

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### Wild Fowl.

The advice given in respect of roasting birds is applicable to wild fowl. It is however necessary to be very careful not to over-cook them. A wild duck must come to table full of gravy. Having noticed however that, excepting the breast, very little meat is to be found upon wild fowl, it occurred to me some years ago to prepare a dish of teal as follows .—

**Sarcelles à la Wyvern.**—Three teal will be enough for this dish. As soon as the birds are delivered in the morning, pluck and clean but do not truss them, saving their giblets. Lay them on a board, and by passing a knife all round each bird, remove the whole of its breast including the bone. Put these three breasts on a dish, pour over them a marinade consisting of two tablespoonfuls of salad oil, a tablespoonful of good vinegar, half an ounce of minced shallot, a teaspoonful of dried herbs, and the peel and juice of an orange. Turn and baste them with this during the day. With the *débris* of the teal—back, legs, wing bones, and giblets well chopped up, proceed to make a strong broth by simmering them (covered with broth) very slowly, assisted by three ounces each of onion and carrot, a *bouquet*, a bunch of parsley, and seasoning for at least an hour and a half. Strain—there should be three-quarters of a pint of this—skim off any fat, add a teaspoonful of Bovril, a sherry-glass of port, the juice of one lime and the juice of one orange; give this one boil and set it in the *bain-marie*.

When required, take the breasts from the marinade, wipe them carefully, then brush them over with butter and grill them. Divide each breast in halves by a clean cut across the centre, lay the six pieces on six *croûtes* of fried bread, the sauce and Nepaul pepper, with a salad of orange quarters prepared as described in Menu V accompanying.

It is clear that the same principle can be applied to wild duck, and thus value is got out of part of the bird which is practically wasted when the breast has been finished.

At the superior restaurants in Paris and London the gravy extracted in the room from the carcass of a wild duck by means of a *presse-jus* is poured over the breast as it lies on your plate, but for this the proper squeezer is required.





## CHAPTER XXX.

### *Camp Cookery.*

*(Bread, soups, tinned food, and vegetables.)*

**A**LTHOUGH no doubt there are many of my readers who have by long experience acquired the knack of making themselves thoroughly comfortable under canvas, and contrive to live as well in camp as in cantonment, there probably are a good many travelling officials, sportsmen, soldiers, and others whose duties necessitate certain periods of tent-life in the year who would like to pick up a wrinkle or two in the matter of cookery under difficulties. The first thing to think of is the equipment best suited to the circumstances.

### **Camp Stoves, etc.**

Since the first edition of "Culinary Jottings" was published the mineral oil stove has become an institution in India, and I think that its merits for facilitating cooking in camp, as well as in cantonment, have been recognised. Many, of course, have made their own experience in respect of these handy kitcheners, and know the sort of thing that suits them best. I need only mention parenthetically therefore that the firm whose "Acme" was so



highly thought of as a novelty in the seventies have now brought their work to perfection in the "Golden Star"—a stove in which all the modern improvements are to be found. It provides the cook with a range adapted for grilling, besides the ordinary baking, boiling, stewing and frying, and with its "extension top" possesses an increased working capacity.

A further development to be seen at 119, New Bond Street, is the "Oil cooking range" with five  $5\frac{1}{2}$  inch burners, equal to the requirements of a bungalow, a standing camp mess, or camp hospital.

These stoves possess all the advantages of gas stoves. For slow cooking operations they provide that regulating power which, without unremitting attention, cannot be approached on the open fire of an Indian kitchen.

Among Messrs. Woolf & Co.'s useful camp appliances is the "Locomotive Boiling Set." This consists of a methyated spirit stove with a specially constructed kettle for the acceleration of boiling, a regulator for the reduction of heat, and a window-guard to protect the flame from draughts. One of these can safely be added to the sportsman's or traveller's equipment. On a journey it would be a source of comfort, and in a camp or cabin a most handy appendage to the mineral oil stove for all *fast* work such as boiling water or milk, heating coffee or soup, frying kidneys, boiling eggs, etc., for a saucepan, stewpan, *sauté* or *omelette*-pan can easily be used with it. For several years I used a spirit lamp or large Etna, worked on the same principle, for *omelettes* "by the first intention" for which work I found it very well suited. With the aid of the Locomotive stove a cup of tea or coffee can be made in the train, at a picnic, under a tree by the roadside—anywhere in fact, while, by adjusting the regulator, things requiring slow cooking can be

managed:—poached and buttered eggs, fried bacon, devilled biscuit, etc

For warming tinned food of all kinds the double porridge pot—(a sort of magnified milk saucepan)—is strongly to be recommended. The contents of the tin should be put into the inner or smaller vessel, and this closely covered should be plunged into the larger vessel which should be filled to two-thirds its depth with hot water and set on to boil. In this way, the food in the smaller pan is gradually heated without deterioration, reduction, or actual contact with water. Cooked rice and vegetables can be thus warmed up with perfect safety.

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### Bread making.\*

The **equipment** of the camp-baker should be:—A pastry board, a large enamelled iron milk basin, two wooden spoons, a flour dredger, scales to weigh the flour, some patty-pans for rolls, some small tins for ditto, a baking-sheet, a half-pound and pound loaf tin, and a cake tin: these various things are not expensive, they should be kept in the house (when in cantonment) away from the cook-room, as clean as possible, and be scrupulously reserved for their own purposes. Having provided yourself with this equipment, you should use Yeatman's baking-powder, the best imported or locally made flour you can get, oatmeal occasionally, salt, and either good butter made at home, or that of any well-known brand preserved in tin.

I may say without hesitation that very few bread-makers hit off perfection at starting. A beginner must expect a

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\* Carefully revised for the sixth Edition with the kind assistance of the late Mr. W. Heath, of Ootacamund, professed baker and pastry-cook, formerly of Highgate, and Tufnell Park, London.

few disheartening failures before he succeeds in turning out the thing he wants. The common mistakes are overworking the dough, and using too much liquid. The mixing of dough with the proper quantity of fluid can only be acquired by practice, and all beginners knead too heavily through over-zeal. A cook who understands pastry and bread-making will not require much more than three quarters of a breakfast-cupful of water to moisten a pound of flour, and carries out the operation with a light hand very quickly.

It is quite possible for the cook to use two wooden spoons to work his dough with, the result is satisfactory as regards the lightness of the bread, and to those who have a dislike to the use of fingers the system is especially attractive. If, by any chance, the dough has been made too sloppily, and from its putty-like consistency you feel convinced it will be heavy, bake it in a tin. Indian flour (*sooji*) is more easily moistened than imported flour, *i.e.*, less liquid is required to form dough with it. Proportion :—half a pint to a pound of imported ; the same to one pound two ounces of *sooji*.

**Breakfast or dinner rolls :—**

Eight ounces or one large breakfast-cupful of flour,

One teaspoonful of good butter,

Two teaspoonfuls of Yeatman's powder,

One saltspoonful of salt,

Nine tablespoonfuls of milk for imported, eight for Indian flour.

Rub the butter into the flour with one of the wooden spoons *after* having spread the latter with the baking-powder in the enamelled pan, and sprinkle the salt over

it, now mix the dough as lightly as possible, using both wooden spoons, and shaking the milk into the flour by degrees. When nicely formed, divide it into eight equal portions, pat them into shape with the spoons, and place them in eight patty pans well buttered. These must be put on the baking-sheet, and slipped into the oven, which should have been heated to receive them to such a degree that you can hardly bear your hand inside it. The time taken in baking depends upon the sort of oven you employ; as soon as the rolls brown very slightly, having risen into nice round forms, they are ready. This recipe may be altered to *five* ounces of flour, and three of oatmeal, for a change. It will produce eight rolls of one and a half ounces each.

*French Rolls* :—Half a pound of flour, a dessertspoonful of butter, one small egg, two teaspoonfuls of Yeatman's powder, a saltspoonful of salt, and nine tablespoonfuls of milk. Work the butter thoroughly into the flour with which the baking-powder and salt should be carefully incorporated to begin with. Beat the egg up briskly with the milk, and strain it into another cup, and gradually add the eggy-milk till the dough is formed; form the dough into two nice oblong rolls, place them on a sheet of well buttered paper, on the baking tin, and set them in the oven; look at them after twenty minutes' baking, and take them out as soon as their colour indicates that they are done.

*Half pound plain loaf* :—Mix well together half a pound of flour, two teaspoonfuls of Yeatman's powder, and a saltspoonful of salt. Work this with eight or nine tablespoonfuls of water, set the dough in a tin, or form it in the well-known "cottage" shape and bake.

*Mr. Heath's camp loaf* :—Three breakfast-cupfuls of flour, one teaspoonful of salt, one teaspoonful of sugar,

half a cupful of *sour* toddy, one cupful of water. Place the flour in a basin with the salt, mix the toddy and sugar together, then blend all with a wooden spoon. Mix thoroughly and let it stand to rise for one hour. After this, divide the 'sponge' into three pieces and bake for forty minutes. The yield will be three loaves of fourteen ounces each. This method has an advantage over the previous one given for bread made with baking-powder, for plenty of kneading improves it.

The ordinary cookery book receipts for fancy breads can be safely followed if you remember the proportion of the baking-powder to the pound of flour, and, where eggs are propounded, make an allowance for the difference which exists between the English and the Indian egg. In using Yeatman's powder, do not let your *made* rolls, or bread, stand waiting for the oven : see that your baking apparatus is all but ready before you commence making the bread.

I advice home-bakers to make *rolls* rather than large loaves. There is less waste with them. A roll is either eaten *in toto* or left untouched. If intact, you have merely to dip it in milk, and put it into the oven—damp ; it will turn out again almost as freshly as a new roll. Bread, once cut, is apt to get dry, and with the exception of being sliced for toast, or grated for bread-crumbs, is not very presentable a second time. In baking, be very careful that your flour is well sifted and thoroughly dry. In a moist climate it is advisable to dry it in the oven before using it ; the sifting must be carried out by a sieve. I have made very eatable bread with carefully sifted country flour, the sifting of which is an imperative necessity, be it observed, unless you have no objection to a gravelly loaf.

*Mr. Heath's camp pie or tart crust* :—Take a breakfast-cupful of flour, one and a half teaspoonfuls of Yeatman's powder, four ounces of butter (or clarified suet), seven tablespoonfuls of water, and a saltspoonful of salt (a little sugar if for a tart) and proceed in this way :—Mix flour, salt, and baking-powder well together and then rub in the butter or suet, add the water and mix quickly, then roll out and cover the dish, which, with the meat or fruit, should be ready for covering before the paste is commenced. This can, of course, be glazed with a beaten egg in the usual manner, and, if a tart, some finely sifted white sugar can be dusted over the glaze before setting.

If unable to procure Yeatman's powder, an 'emergency' substitute can be made with cream of tartar and bicarbonate of soda, mixed in the proportion of two teaspoonfuls of the former to one of the latter.

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### Camp Soups.

Many people think that because they cannot get beef in camp they cannot have a freshly-made soup. Now, there are not a few capital soups requiring no meat at all, which are known as *soupes margres*.

**Dried beans stock.**—Pick carefully a pint measure of dried butter beans, haricots, lentils, or country beans, wash them well, and put them into a stewpan with five pints of cold water and a quarter of an ounce of salt, ten ounces of shredded onions and a tablespoonful of herbs in a bag. Put over a low fire, and bring slowly to the boil, skimming as in the case of meat stock, and retarding boiling by additions of cold water till the surface is clear ; then allow the contents of the vessel to simmer till the beans are cooked. This you ascertain by pressing a grain between the finger and thumb. Then strain off the broth

which can be used as a stock for the foundation of *soupes maigres* as beef *bouillon* is used for *soupes au gras*. Chemically speaking it is as nourishing as meat broth.

The strained off beans can be served separately in any of the ways mentioned, page 202.

**Lentil Purée.**—To produce a *purée* of the beans as a soup:—Pick out the muslin bag, pass half the beans through the wire sieve with the onion, catching the *purée* in a soup plate. Now put half an ounce of butter with half an ounce of flour at the bottom of the clean stewpan, mix this over a low fire till velvety, then gradually add *purée* and a pint and a half of the broth together, until a soup of the desired quantity and consistency has been obtained. Off the fire, at the time of serving, you can add to the richness of the *potage* by a yolk of egg beaten up with some warm milk or a raw yolk alone. Fried *croûtons*, powdered dried mint, and fried dice of lean bacon, may accompany. You can follow this recipe exactly with *dhal* or split peas.

NOTE.—Remember that a *purée* of lentils made on a *game broth* foundation—*Potage à la Conti*—is excellent.

**Soupe à l'oignon.**—Slice about twelve ounces of onions, blanch them in boiling water for five minutes; drain, and put them into a stewpan, let them fry till they turn pale yellow in an ounce of butter; then add one ounce of flour, a quart of water, spiced pepper, and one ounce of salt, let the whole come to the boil and then simmer till the onions are pulpy, and serve with *croûtons* of fried bread. Grated Parmesan should accompany. This is still better if thickened finally with raw eggs like *bonne femme* soup, see page 46. Milk can be blended with the water, one-third or half and half according to the quantity available.

**Soupe au potiron.**—Let us assume that you can get an ordinary country pumpkin. Take two pounds, pare off the rind and pick out the seeds, cut it into inch pieces, put them into a stewpan with one ounce of butter, and four ounces of minced onions, and fry till turning yellow, then add water enough to cover well, a bag containing sweet herbs, a clove of garlic, pepper, and a little spice; bring to the boil and then let the soup simmer an hour and a half till the onion and pumpkin are pulpy. Now take off the vessel, boil a breakfast-cupful of milk, and whisk it by degrees into the soup with one yolk and serve with *croûtons* of fried bread. A bacon bone is a useful thing in a soup of this kind.

NOTE.—These *soupes maigres* can be assisted by Lazenby's, or Maggi's tablets, which can also be used to help a camp broth made of odds and ends.

It is unnecessary, of course, to adopt the alternative of *soupes maigres* whenever sheep, fish, and fowls are to be had, when you can shoot game, and lastly, when you are provided with tinned soups and preserved vegetables, especially that excellent tablet called "*Julienne*." In camp, bottles of dried herbs, and tinned provisions are, of course, indispensable, and you should, whenever possible, be provided with potatoes, carrots, and onions, before starting, especially the last.

**Camp stock broth with a fowl.**—Kill a good full-grown fowl, take off the meat and cut it up, break up the bones, giblets, etc., with a chopper, and put them into a stewpan, lay the meat over them, set this over a low fire, cover well with cold water, and let it come very slowly to the boil, skimming off the scum which may rise during that process, and adding a little cold water from time to time to assist the operation, and retard the boiling: when clear of scum and the boiling stage has been attained, put



into the pan eight ounces of onions cut into rings, any fresh vegetables you may have brought out, a bag containing a teaspoonful of mixed sweet herbs, a clove of garlic, a dozen peppercorns and a pinch of parsley seed, a few drops of celery essence, a teaspoonful of Lemco, Bovril or Brand's essence, a teaspoonful of sugar, and half an ounce of salt. Now, let the pan come to the boil again, and then reduce the fire for the simmering stage which should continue for two hours, after which the broth will be ready : longer cooking will avail nothing, so lift up your pan, and strain off the broth into a bowl, it will be well flavoured, bright, and clear : served hot with a dissolved dessertspoonful of dried *Julienne*, this *poule-au-pot* is an excellent soup.

It is a good plan to preserve the breast meat whole though cooking it with the rest of the fowl. After straining, this can be cut into shreds and served as garnish with the soup.

To prepare dried *Julienne* — cut the quantity mentioned from the dried tablet, put this into a small saucepan with a breakfast-cupful of the broth, cooled, over a moderate fire, and simmer till the pieces of vegetable detach themselves and soften — when thus ready, put all into the soup. When required to flavour a soup, dried *Julienne* can be put in with the onions and simmered with the broth, being strained off when the latter is ready. In this case the *Julienne* could not be served in a soup as a garnish for it would be cooked to a pulp.

When used in connection with a tin of soup, the fowl broth should be poured from the bowl into the pan again, and the tin of soup added to it ; placed over a moderate fire ; this should be brought to the boil during which any scum the soup may throw up should be studiously removed, for fat and all tinny impurities will thus be got

rid of it. If a tin of *thick* soup be chosen—like mock-turtle, for instance—you must thicken the combination with a little cornflour or arrowroot—see page 46 for the method. When this has been done, a tablespoonful of marsala should be added, and the soup served.

The better pieces of fowl which were strained off—a sauce *blonde* being made with some of the broth—may be served as a separate dish in the form of fricassee, or as a *boudin* or *timbale* with macaroni, see pages 140, 141.

Very acceptable stock, remember, can be made from *fresh* mutton scraps, the scrag end, feet, and cutlet trimmings; and even cold *roast* mutton bones are useful. The broth should, whenever possible, be assisted by bacon skin, bones, or trimmings, minced *lean* bacon is most valuable, and a pleasant flavour is imparted by a thick slice of Brunswick or Bologna sausage. Further improvement can, of course, be effected by adding the giblets or remnants of any game you can spare. With this sort of stock strained, if onions, a few vegetables and pearl barley be available, you can make a capital hotch-potch. If not, mix a tin of that soup with it, or a dessert-spoonful of dried *Julienne*, cooked as just described in milk and water.

Birds that have been mauled in shooting can be utilised in the camp stockpot. *Purées* of game can be made if you happen to have the necessary utensils, if not, you must make the game broth as strong as possible, helped by the fowl stock already described, and thicken it with flour and butter, garnishing with strips of the meat. The addition of marsala or port is, of course, a great improvement.

### Tinned Soups.

Touching tinned soups, the following revised extract from Wyvern's annotated catalogue of Messrs. J. Moir & Son's *Preserved Food*<sup>1</sup> may perhaps be found useful:—

“These remarkably well-cooked soups may be considered in two ways—First as articles of diet *alone*; and next as adjuncts, or *media* of assistance. To the traveller, sportsman, or small consumer, the tin of soup is, if not a meal in itself, a very important part of one; while, to the caterer of a mess on the line of march, or of a company of passengers on board ship, preserved soup cannot well present more than a means to improve the contents of the tureen. In case the first, I would limit the addition of water to one-third of the tin used as a measure. Bring this to the boil, skim, and use. All the national soups—turtle, mock-turtle, ox-tail, giblet, game, etc.—are improved with a tablespoonful of good marsala or sherry per pound tin, and a saltspoonful of salt, with a teaspoonful of red currant jelly for the game soups.

“If much fatigued after a trying day's journey or a stiff day's shooting, there could scarcely be recommended a better pic-me-up than a breakfast-cupful of one of these strong soups, dashed with wine as I have described—ininitely more wholesome and invigorating than a peg of brandy or whisky and soda. With the addition of a breakfast-cupful of broth or of hot water, a one-pound tin of soup yields three nice basins of soup, each basin being sufficient for a hungry man with other things to fall back upon.

“If required to supply a traveller with a *meal*, I advise the preparation of some *croûtes*, or crisped toasts, over

<sup>1</sup> *Preserved Food, and How to Prepare it for the Table*, by Wyvern; Leeds, Alf Cooke, 1893.

which the tin of hot soup should be poured :—Cut off the bottom crust of a tinned loaf with about as much crumb as crust when regarded in section ; divide the slice into squares, the size of a gentleman's visiting card, soak these in some of the soup, and dry them till crisp in the oven. They will be found nicer than ordinary toast. A couple of poached eggs would make the dish still more sustaining.

“ Touching the augmentation of a tin of soup to meet the requirements of a large party, Messrs. Moir & Son say that a pound tin makes two pounds of soup second quality, or two and a half pounds if of the first quality ; this, of course, being simple addition of water in the following quantities :—one tinfu of water to one of soup second quality, and one and a half tinfu of water to one tin of soup first quality. Therefore a pound tin of soup of the first quality will, when thus diluted, yield seven good basins of soup. This may, of course, be accepted as a general rule, but I strongly advise the use of fresh meat or camp fowl stock—even common broth made from bones and scraps—in preference to water. The water in which dried haricot beans, onions, carrots, peas, pea-shells, or lentils, have, with the due allowance of salt and a pinch of sugar, been boiled, is by no means to be despised in thus contributing flavour and strength to tinned soup which water alone cannot of course be expected to supply. If no vegetables happen to be available, the trimmings of meat, game that has been badly shot, the giblets of poultry, bacon bones and skin, with some peppercorns, and a due allowance of salt, a pinch of sugar, and a drop or so of celery essence, will produce a useful broth, which, when freed from fat and assisted with a teaspoonful of Moir's extract of beef, will answer our purpose satisfactorily. In augmenting thick soups a little extra thickening will be needed, and the addition

of a little wine may be laid down as an undoubted improvement.

“Moir’s vegetable soups require no wine. They should be served on their own merits, with *croûtons* of crisped bread.

“For sportsmen, yachtsmen, and travellers, the *bouilli* with *bouillon* (‘soup and bouilli’) seems peculiarly adapted. This is a preparation of soup, meat, and vegetables together, and sufficient in itself for a meal. It requires no manipulation. Turn it out into a stewpan, and serve as soon as it is thoroughly heated—do not let it actually boil. Then empty the soup, meat, and vegetables into a deep dish and serve.”

A tin of soup, it should be noted, is not valuable for service in that form only; it provides at a pinch what may be needed for a dish of hash or stewed (cooked) meat. The cook has no stock perhaps and the meat can give neither bone nor trimmings for broth-making. Now half a pound tin of ox-tail soup, second quality, will convert a pound of sliced cold meat into a savoury wholesome hash or stew, and if assisted, as explained in Chapter XVI, will render the *réchauffé* sufficiently well flavoured and inviting to present at the camp dinner.

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### Tinned Fish.

Tinned fish plainly turned out of the tin and made *hot* is not nice and in no way improved by an Anglo-Saxon flour and watery sauce flavoured with anchovy essence. It will be found better far if preserved salmon, soles, cod, herrings, and other tinned fresh fish are served as cold as possible, after having been carefully drained on a sieve from all the fishy oil which adheres to them.

Select nicely sized pieces after this operation, place them on a dish with any garnish you may have, such as *olives farcies*, capers, sliced gherkins, and rolled anchovies, and serve with *tartare* or *mayonnaise* sauce, or the cold *Hollandaise* page 79, separately in a boat, as cold as possible. All scraps and odd bits can be saved and worked up as cutlets, croquettes, or in any of the ways mentioned for cooked fish in the chapter on *Rechauffés*.

If you want a hot dish of tinned fish choose the nicest pieces, free them from oil, and gently warm them up in a good sauce *blanche* finished with capers, tarragon, etc. (see page 62); or you may wrap them in oiled paper and broil or fry them for a couple of minutes just to heat thoroughly and no more, sending a domestic *hollandaise* sauce with them. Lastly, you can mash and use them in the form of fish pudding, page 258.

The subject of cooking **fresh-water fish** will be found amply discussed in a special chapter. As this form of food is often plentiful where a traveller or sportsman may be hutted or encamped, I cannot too strongly recommend a trial of some of the recipes; they are not difficult, and certainly show how the monotony of camp diet can be relieved.

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### Tinned Meats.

Tinned Australian, and other preserved pieces of meat, are valuable additions to the store-box of the traveller or sportsman, but they require very delicate handling, because they are almost always overdone. The really nutritious part of a tin of Australian meat is the gravy that surrounds it. Proceed as follows:—

After opening the tin, have every atom of the gravy strained off into a bowl. If the weather be cold remember

that this becomes a jelly, so before you open a tin, set it on the fire in a saucepan surrounded by hot water for ten minutes or so ; then open it, and strain the gravy from the tin into a bowl ; turn the meat out carefully upon your sieve, and pour some hot water gently over it ; catch the water in a bowl below the sieve, and add it to the gravy. Now, the gravy of a two-pound tin of beef will, as a rule, give you an excellent stock for two basins of soup :—skim the fat that may rise to its surface, add water to the extent required, and leave it in the bowl. Put an ounce of butter into a stewpan, melt over a low fire, add four ounces of minced onions, fry till yellow, then moisten with the gravy in the bowl, bring slowly to the boil, seasoning with spiced salt, and adding a drop or two of essence of celery, simmer for half an hour and strain. Now you will have an excellent beef broth, quite fit to be served as gravy soup, with macaroni, vermicelli, a couple of poached eggs, or *julienne*, grated cheese accompanying ; a dessertspoonful of marsala will be a grateful finishing stroke. Or it may be thickened like mock-turtle, and served with forcemeat balls.

The meat should be treated in this way . choose the nicest looking pieces, trim them neatly, and if of a fair size, brush them over with egg, bread-crumbs them, and brown them in the oven, serving a good sharp sauce—tomato, *Robert* or *piquante*, for instance—with them. Or you can cut the meat into collops, and hash them very gently in some of their own gravy thickened and carefully flavoured, adding a tin of *macédoine de légumes*, or any nice vegetable as a garnish. Lastly, you can mince it and serve it in many nice ways (*vide* page 263).

In short, if you look upon a tin of preserved meat as a dish that has been cooked once, and has accordingly to be

dressed *en réchauffé*, you will not fail to turn it to good account. But warmed up as it comes from the tin, unaided, and carelessly dished, it presents an irregular mass of sodden and tasteless diet which few would care to touch unless driven to do so by the calls of ungovernable hunger.

A very useful thing in camp is a Bologna sausage. Not necessarily for consumption by itself, but for flavouring and assisting other meats. A composition for *boudins croquettes* or chicken cutlets for instance can thus be much improved; a few thin slices in a pie or stew are most serviceable, while eaten cold with cold roast fowl or game it is always acceptable.

Preparations exported by good firms, and the Army and Navy Stores, such as Beef à la mode, Veal with peas, ducks and green peas, calf's head and bacon, haricot, ox-cheek and vegetables, etc., are useful in combination being valuable on account of their sauces and adjuncts; so if it happens that you have brought such things to camp, you pick the meat—which is overcooked and tasteless—out of its surroundings, dress it up with some fresh game or chicken meat, in *coquilles*, or as *rissoles croquettes* or *boudins*, and cook the gravy and vegetables with some fresh chicken or mutton broth as a sauce.

One of the best introductions of late years is Messrs. J. Moir & Son's *Army ration* in two qualities. This is a strong, well-flavoured stew, good by itself, and valuable in composition with a fresh stew. Their Army sausage is another excellent thing for the camp. The Army and Navy Stores also issue a very good Army and Navy meat ration, better curried food than Holford's (which is not saying much perhaps), and an excellent series of sausages.



I have already spoken of tinned vegetables at some length in Chapter XIII. A supply of this kind of food is very necessary if the traveller is proceeding to a place where there may be a difficulty in getting fresh garden stuff.

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### Notes on Tinned Food.

Each prepared tin is in itself ready for the consumer, can be gently warmed up no doubt *en bain-marie* in its own tin, and be eaten on its merits. In this form it is obviously of palpable advantage to travellers whether by sea or on land, to sportsmen, and others, who may neither have cooks nor culinary appliances at their command. Whenever time and resources admit of it, however, there can be no doubt that it is a matter of decided expedience to re-dress, and freshen to the utmost all hermetically sealed provisions, to disguise as far as is possible the fact that they *are* tinned, and to assist local produce by their means. Accordingly, with this object in view it is necessary that all soups, stews, vegetables, etc., should be expelled from their tins and turned into a clean vessel.

Skimming is very essential in the case of soups, while the seasoning, and most certainly the additions that I have mentioned ought, if possible, to be made. While as for freshening up if the principles that have been explained are followed, the concoction of a good savoury broth even when 'roughing it' is a process at once so easy and inexpensive that it would be inexcusable to shirk it.

The following notes may be useful.—

1. Keep tinned food stored in as cool a place as you can, and subject it to as little shaking and rough handling as possible.

2. Preserved food keeps well at the natural temperature of the store-room, but in transporting the tins to camps or picnic grounds protection from exposure to the sun is necessary.

3. In the hot weather any preserved food intended to be eaten *cold* had better be turned out of its tin upon a clean earthenware or enamelled dish and set in the ice-box. The jelly with which it is accompanied is thus consolidated. Once cold, it should be kept cold. These remarks apply to cold roast meats and birds; collared, corned, spiced, seasoned, and smoked meats; brawns, rolled tongues, cooked hams, and bacon. If in tins anchovies, caviare, pilchards, lax, sardines, and herrings in oil should be treated in the manner described, page 374. Salmon, cods' roes, and all fish selected for consumption should be turned out upon earthenware dishes, drained, and set in the ice-box till wanted. *Pâtés* and potted meats should be put into earthenware pots. Make it a rule never to leave anything, once opened, in its tin. It is positively dangerous to leave fruit, vegetables, and fish in their tins.

4. All dressed food in sauces, such as stewed meats of all kinds, army rations, *ragoûts*, *bœuf à la mode*, curries, jugged hare, haricot, hash, duck and peas, *tête de veau en tortue*, and all soups, should be expelled from the tin, and heated in a clean vessel according to the directions that have been given.

5. Vegetables of the choicer varieties that can be served iced with cold sauces, cream, or in *salades crues*:—such as asparagus, artichoke bottoms, peas, *haricots verts*, and *macédoine*, should be turned out of their tins, drained, set in the *légumière*, and kept in the ice-box till wanted

If required warm, they should be treated as stated in the instructions recorded for tinned vegetables (page 238).

6. Salted and dried meats or fish should be soaked as directed. Hams and tongues in canvas are not soaked sufficiently as a general rule. A bath of fifty-six hours is not too much for a large ham, or of forty-eight for one of moderate weight and for full-sized ox-tongues.

NOTE.—Although much of this advice applies more especially to the house in cantonment, its principles should be observed as far as possible in camp.

Many of the dishes detailed in the previous chapters, especially those spoken of under the title of eggs, macaroni, rice, and cheese, as well as many simple recipes for cooking mutton, fowls, game, and chickens, which have been given in Chapters XVI and XVII will be found quite practicable when in camp. In short, if the tourist be blessed by the possession of an intelligent cook, and provided with a judicious assortment of culinary necessities and stores, his tent-life should never fail to possess amongst its many attractions that by no means unimportant one—a really good dinner.

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### **The camp kitchen store-box.**

I now give a list of stores, selections from which can be made for use in camp. Quantities should be regulated, of course, according to the probable duration of the tour, and the facilities or difficulties of transport. Those who are in the constant habit of camping out will find it very convenient to have a case fitted up in compartments by a native carpenter for the reception of the bottles and tins appertaining to this branch, apart from their stock of groceries and preserved provisions, which of course may

be chosen according to taste and discretion. My list is confined to materials, flavourings, etc., of use alone in the composition of dishes :—

Almonds, ground sweet in tins.	Haricot beans, white and red. *
Bacon.	Lentil flour for soups, and lentils whole.
Baking-powder.	Macaroni.
Bologna sausage.	Marsala (kitchen).
Bovril, or	Moir's jelly and blancmange powders.
Brand's, or Liebig's essence.	Mulligatunny paste.
Butter in tins.	Mustard.
Cheese, grated	Oatmeal.
Chutney.	Parisian essence, page 31.
Clarified suet in jar.	Pea-flour for soups.
Crumbs, of white bread dried in the oven and sifted with a little salt added and bottled.	Pickles.
Curry paste in a prune jar, with screw top.	Peppers, including peppercorns.
Curry powder in a prune jar, with screw top.	Rasped crust crumbs, dried in the oven, pounded, sifted, and bottled, with a little salt shaken amongst them.
Custard powder	Red currant jelly.
Desiccated cocoanut for curries	Salad oil.
Dried herbs in bottles.	Salt, common, and celery.
Dried <i>Juhenne</i> for soups and stews.	Sauce.—Lazenby's Harvey, Army and Navy piquante, tomato, anchovy, mushroom and tomato ketchup, and Wyvern's "stock." *
Essences at discretion.	
Flour.	
Glaze (A. and N. Stores).	
Groult's farinaceous preparations.	

\* **Wyvern's stock Camp sauce**:—Put into a saucepan one gill of Harvey, one of mushroom ketchup, and one of marsala, set over a low fire and stir in a dessertspoonful of red currant jelly and a teaspoonful of Bovril or Lemco. Continue stirring until the two last ingredients have dissolved, then take off the fire, cool, add a gill of walnut pickle vinegar and a teaspoonful of salt, strain off into an Imperial pint sauce bottle. Shake up every time before using.

Those who like it may put into the bottle an ounce of minced shallot and two or three sliced chillies; let the mixture rest a week, then strain into a clean bottle.

Semolina.

Solidified soup squares.

Soup tablets, Lazenby's, Nelson's  
or Maggi's.

Spices, assorted.

Spiced pepper bottle, page 176.

Sugar.

Vinegars, French wine, tarragon,

Moir's anchovy.

N.B.—Not to be forgotten :—

A tin for jugging as recommended at page 172,  
or a terrine, page 410.

A porridge pot,\*

A mincing machine,

A hair sieve, and wire sieve,

A tin strainer,

A chopping board and chopper.

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\* This vessel—a pan within a pan on the *bain-marie* principle—is most useful for all warmings up, especially tinned vegetables, which must not be put into water on any account



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## THE MENUS.

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## THE MENUS.

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“THE quality of a dinner,” says Sir Henry Thompson, “does not depend on the number, the complexity, the cost, or even the rarity of the component dishes. Let these be few in number, and be simple in composition, and if the material itself is the best of its kind, well cooked, and tastefully presented, the dinner may rank with the best, and be sure to please”—(*Food and Feeding.*)”

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THE twenty *menus* are divided into two classes—those in class I. (Menus I—X.) are for parties of eight people and those in class II. (Menus XI—XX.) for quiet little dinners of four.

The dinners in the first class are obviously capable of expansion to meet the requirements of twelve or sixteen, and those in the second to suffice for six or eight by a proportional addition of half the quantities given or by doubling them, as the case may be.

It will be seen that there are no French headings used such as “*potage*,” “*poisson*,” “*relevé*,” etc. I have omitted them with intention, for I consider them to be both arbitrary and unnecessary. Now-a-days people can assume complete freedom of action as to the dishes they give, and can have them served according to such order and arrangement as may seem the most effective to them.

My general scheme for a dinner-party may be thus explained:—*Hors d'œuvres* or not according to fancy, nothing being better to present before the soup—when procurable and in season—than oysters, three or four for each guest. Then soup, fish, a piece of



meat carefully braised such as a *fricandeau*, a fillet, *filets mignons* or *noisettes*, with appropriate garnish and sauce—a dish sometimes called a *grosse entrée* or *entrée de viande*, i.e., more substantial than an ordinary *entrée*, yet partaking of that character in so far as its adjuncts and finish are concerned, after that an *entrée* of delicate materials skilfully treated, followed by a roast bird (game when in season) with its proper accompaniments; a dressed vegetable (*entremets de légume*); a sweet *entremets*, and a simple savoury which at a dinner party should take the place of cheese.

If the party does not exceed eight one set each of the dishes that have to be circulated is enough, but for twelve two sets must be prepared, and for eighteen three.

But here kindly look back to my remarks upon the economy of time in the service of a dinner, and the saving of needless trouble in the kitchen by *circulating* as few dishes as possible, page 24.

Although the exaggerated feast with two or more *entrées* and as many sweets, with two of everything as well as an English “joint” is fortunately no longer met with at the tables of people of taste, many are still inclined to be too generous in regard to the quantity of good things they offer to their friends. To these my *menus* may seem to provide an insufficient amount of food. Nevertheless I venture to say that if fairly tried as they are, they will be found ample. They should be served well within the hour, and the hostess may rest assured that the absence of the joint will not be noticed.

Those who dissent from my views on this subject can add a joint of meat of course to any of the *menus*, and serve it according to the English custom, after the *entrée*. This however is never to be seen in a correct French dinner, for, as explained page 21, it would interfere with the roast bird which must now appear.

Exception. When there is a difficulty in respect of a suitable bird a roast joint must be substituted for it, and served as a *rôt* with salad and one selected vegetable such as *selle de mouton aux haricots verts*. In such a case the first *entrée* should not be of too heavy a character. Opportunity of illustrating an instance of this kind will be taken in the *menus*.

It is understood that a salad will always accompany the bird, or roast, directions for which will be found in variety in Chapter XV.

It need not be said that when a short *menu* is offered the guests are supposed to take each thing as it comes, the dishes being carefully chosen with a view to following each other harmoniously. The old-fashioned practice of giving people "choices" of different soups, fish, etc., has of course been quite given up at the sort of dinners I am speaking of.

The *menus* are given in French but the English names of the dishes will be found in the explanations. It will be observed that in accordance with modern practice the words "*à la*" are omitted as much as possible.

For *hors d'œuvres*, with which each dinner may be commenced, please consult Chapter XXV.

I have not attempted to treat of sweet cookery in this work, but the *entremets sucrés* necessary to complete the dinners have been suggested and briefly described with page references as to details in my companion work "Sweet Dishes," recently entirely revised and modernised. Especially careful instructions will there be found in respect of iced puddings, *mousses*, and other descriptions of ices.

Touching *entremets sucrés*. At a party of eight a good iced pudding, *mousse*, *parfait*, or *plombière* is quite sufficient without any other sweet dish. But for larger parties of eighteen or more an extra *entremets* may be necessary. No dessert ice is required if an iced *entremets* has been given. As a matter of fact the practice of serving dessert ices has passed out of fashion.





## MENU NO. I.

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*Consommé au fromage,  
Filets de pomfret au vin blanc,  
Grenadins de bœuf Rossini,  
Perles de volaille,  
Sarcelles à la Wyvern, salade de laitue,  
Epinards soubisés,  
Plombière à l'abricots,  
Pailles au poudre de crevettes.*

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1. CLEAR SOUP WITH CHEESE GARNISH — Follow the recipe page 27 for *bouillon* which yields eight basins. For the garnish cut out of any fresh cheese pieces like small dominoes, egg and crumb them with very finely pounded crumbs, page 119, fry in very hot fat, dry, and serve with the soup

2. FILLETS OF POMFRET WITH WHITE WINE — Treat the fish as explained for poaching, page 117, substituting white wine (chablis, sauterne, or hock) for the vinegar, and instead of cheese adding another spoonful of the wine to the sauce.

3. GRENADINS OF BEEF, ROSSINI — Under-cut fillets, cut thick grilled or braised, dished on fried croûtes with a disc of foie gras laid on the top of each; the surface glazed over with well reduced brown sauce flavoured with marsala—the rest of which should go round in a sauce boat. No garnish necessary.

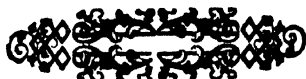
4. LITTLE CHICKEN CREAMS. — See page 144. Omit the foie gras only, because it appears in the previous dish; set the mixture in small darioles, one for each person, serve in a circle with a macédoine salad in the centre, page 251; both creams and salad very cold.

5. **TEAL IN WYVERN'S WAY** :—This is explained page 447. Serve with potato chips and a lettuce salad with plain dressing so as to be different from that served with No 4

6. **SPINACH WITH ONION PUREE**.—See page 212. Serve with cheese biscuits, page 107.

7. **PLOMBIERE WITH APRICOTS** :—This simple yet effective sweet entremets is given page 180 in Sweet Dishes. It may be described as a very cold compote of apricots glazed with apricot syrup reduced, arranged in a very cold dish, and surrounded just before serving with tablespoonfuls of apricot cream ice. Or, built up in dome shape with fruit and spoonfuls of cream ice together. This renders the trouble and risk of moulding the ice unnecessary

8. **PRAWN POWDER STRAWS** :—Turn to page 382 and follow the directions given for pailles au Parmesan substituting Spencer's prawn powder for the Parmesan





## MENU NO. II.

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*Consommé Longchamps,  
Filets de pomfret Morny,  
Pièce de bœuf braisée, jardinière,  
Chaud froid de canetons,  
Petits poussins, salade,  
Croustades de champignons,  
Savarin au kirsch,  
Canapés au saumon fumé.*

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1. CLEAR SOUP WITH LETTUCE LEAVES:—To the allowance of bouillon given page 27, add the following garnish.—Wash, dry, and shred the heart of a small cabbage lettuce, fry the leaves in half an ounce of butter for three or four minutes, then moisten with a few spoonfuls of consommé, and simmer till the lettuce is soft; then drain, skim off all the butter, and strain the broth adding it with the leaves to the soup at the last moment.

2. POMFRET A LA MORNAY —Take the flesh off a fine pomfret as described page 117; remove the black skin, and in other respects follow the recipe given for pouching, finishing exactly in the manner there explained

3. BRAISED RIBS OF BEEF WITH VEGETABLES:—Treat the meat according to the recipe given page 272, substituting broth for the tomato purée, and a garnish of macédoine de légumes for the spaghetti, etc.

4. CHAUD-FROID OF DUCKLINGS:—A recipe for this entrée will be found page 146.

5. **LITTLE CHICKENS WITH SALAD** :—The birds, carefully roasted, may be served with cashû-nut sauce, page 68, brown gravy, page 440, and potatoes sautees, page 191. Bandecai salad, page 254, might be chosen. Allow half a bird for each guest

6. **CROUSTADES OF MUSHROOMS** :—These can be made of black Leicestershire mushrooms in default of the fresh fungus. For the cases see page 106. Mince the mushrooms and warm the mince in a gill of domestic espagnole sauce. heat the cases, and fill them, at the last moment before serving, with the mince.

7. **SAVARIN WITH KIRSCH** :—This is referred to in "Sweet Dishes," page 110. The trouble of making savarin paste can be avoided by using a six inch madeira cake the centre of which has been cut out with a three inch round cutter. Tipsify with syrup carefully by frequent basting and when softened with the syrup fill the hollow with such fruit as may be chosen, mask with reduced syrup, and finish with whipped cream. Keep in the ice-box till wanted.

8. **LAX CANAPES** :—Fry eight croûtes of bread in butter having cut them a quarter of an inch thick, two and a half inches long, and one and a half inch across. Wipe the lax fillets free from oil, and turn them about in butter over a low fire in a *sauté-pan*; when quite heated lay them on the croûtes dust over with Nepaul pepper, and send in as hot as possible.





### MENU NO. III.

—◆—  
*Potage Saint-Germain,*  
*Tranches de seer, Chivry,*  
*Epaule d'agneau farcie, découpée,*  
*Petits pains de perdreaux financière,*  
*Dinde sauce "cashu-nul,"*  
*Crème d'asperges,*  
*Poires Melba,*  
*Caviar sur croûtes*

1. ST. GERMAIN SOUP —The modern soup of this name may be described as *bonne femme*, page 46, garnished with green peas. Add half a pint of broth or milk to the moistening there given, and allow a dessertspoonful of green peas for each basin.

2. SLICES OF SEER, CHIVRY SAUCE.—Poach the fish as described, page 117. For the sauce thicken the *cuisson* with *bœurre manié* and one yolk, finishing with the preparation of herbs given for *sauce verte aux herbes*, page 62. A glass of chablis should be added to the broth in which the fish is poached on this occasion.

3. ROLLED SHOULDER OF LAMB, SLICED :—See page 273 for this.

4. LITTLE MOULDS OF PARTRIDGES, FINANCIERE GARNISH :—See page 141 for the preparation of the moulds, but use the *débris* of the birds to flavour a domestic espagnole sauce, page 87. With this moisten the mixture instead of with *velouté*, substituting partridge meat for chicken, and putting this into *dariole* moulds. Cook according to the directions given page 142. To complete the garnish add the contents of a bottle of *financière*, cut into neat pieces, to the espagnole, and a dessertspoonful of marsala. Serve some of this with each "pain."

5. ROAST HEN TURKEY—CASHU-NUT SAUCE :—Roast the bird carefully and serve with the sauce given, page 68, and brown gravy, page 440, *pailles de pommes de terre*, page 194, and a *salade of haricots verts*, page 252. Note that the custom of serving ham, tongue or sausages with a turkey is a purely English one, not followed at the best restaurants, or at any dinner correctly served in the French style.

6. ASPARAGUS CREAM :—A tin of American asparagus will be required for this dish. Turn out the vegetable and its liquid into a stewpan and moisten it with half a pint of milk that has been boiled, cooled, and strained; season with salt and white pepper, and bring to the boil, simmer ten minutes, and then empty the contents of the pan upon a hair sieve, strain and pass as much of the asparagus as you can through the sieve into a bowl. When cold whisk into it three whole eggs and a gill of cream with a table-spoonful of spinach greening. Finish as explained for artichoke cream, page 217. Serve cold, with sauce mousseline, page 80.

7. COMPOTE OF PEARS, MELBA.—Lay out in a roomy yet shallow pie dish over ice a dozen halves of large preserved pears, and baste them every now and then with clarified syrup flavoured with Benedictine. By keeping the dish and syrup very cold the fruit will become glazed. To finish arrange the pears neatly on a very cold china or silver dish, and cover them with a lemon cream ice flavoured with Benedictine, smoothing the surface of the ice with the spatula, and scattering minced crystallized cherries over the whole.

8. CAVIARE ON FRIED CROÛTES.—Cut eight croûtes of bread two inches long, one and a half wide, and one-third thick. Fry a golden brown in butter; when cold spread these with green butter, page 378, over that put a layer of caviare, and serve with cut limes, garden cress, and Nepaul pepper.







## MENU NO. IV.



*Potage Camélia,*  
*Boudins de merlans, Portugaise,*  
*Noisettes de mouton, fermière,*  
*Poulets Parmentier,*  
*Jambon au Madère,—Petits pois,*  
*Céleri Milanaise.*  
*Compote de bananes à l'orange.*  
*Canapés Nantaise.*

1. CAMELIA SOUP.—A clear soup made as explained for fowl consommé, page 42; when clear, boil up in it two tablespoonfuls of Groult's pulverised tapioca, simmer for twenty-five minutes, add a garnish separately prepared of carrot, turnip and French beans cut into thin strips (red, white and green) and serve

2. LITTLE WHITING PUDDINGS WITH TOMATOES.—For the boudin mixture, see No. 5, page 183; put this into nicely buttered darioles and cook 'au bain-marie,' page 142. For the sauce prepare a purée of tomatoes as for *tomates au fromage*, page 228, but after passing the vegetable through the sieve add a gill of the fish broth made from the whiting trimmings: set this over a rather fast fire and boil till it thickens slightly by reduction, use when this condition has been obtained.

3. MUTTON FILLETS, FERMÈRE :—Thick plump filets of mutton cut out of the loin, marinaded, page 129, larded 'through,' page 131, grilled, page 132, each laid on a crisply fried croûte of bread spread with mushroom purée, page 237, and a piece of beef marrow prepared as given, page 232, on the top of each. For the sauce serve mushroom purée made rather fluid with espagnole.

4. CHICKEN WITH POTATOES :—Cut up a couple of well-grown chickens as for fricassée reserving the better parts only for the entrée, and use pinions back gIBLETS, etc., for the soup. Parboil eight good sized potatoes, peel them when cold, and cut them into quarter inch squares. Put the selected chicken into a shallow stewpan with two ounces of butter, and a nice assortment of vegetables finely minced, season with spiced salt, moisten with two spoonfuls of broth from the stock pot. Cover closely, put over a low fire for five minutes, then take off the pan, and place it in a very gentle oven letting it remain there for forty-five minutes. Meanwhile, cook the potatoes as explained, page 191 (*sautées*) To dish : arrange the pieces of chicken in the centre of a circle of the potatoes, glazing them with the broth strained from the stewpan. Smoothly worked bread sauce, page 68, may accompany this separately

5. BRAISED HAM AND GREEN PEAS —For directions regarding the ham see page 169, and for the peas page 196 For the sauce strain off half a pint of the wine and boilings in which the ham was finally simmered Skim this very carefully add half a pint of domestic espagnole, boil, strain and serve.

6. CELERY WITH CHEESE SAUCE —See page 231 for the celery, and page 65 for the sauce Serve the former in a *légumière* nicely masked with the latter, and garnish with cheese biscuits, page 107.

7. COMPOTE OF PLANTAINS WITH ORANGE :—Make a clear syrup for which the modern method is given, page 46, Sweet Dishes ; add to this (a quart bottle) the juice of two ripe oranges and their rind finely peeled ; boil up, slip in the bananas cut into quarters, and immediately withdraw the vessel and let the fruit get quite cold in the syrup, adding (for a dozen bananas in a quart of syrup) one sherry glass of curaçoa. Set the compote arranged in a china bowl

in the refrigerator. Whipped cream may accompany if desired, or plain iced cream.

8. SARDINE CANAPÉS:—These may be either hot or cold. If hot, the fish, freed from oil, should be heated in a *sauté*-pan over a low fire and devilled with Nepaul pepper, or Oriental seasoning, page 176, and laid on oblong croûtes which have been fried to a golden colour in butter. If cold, let the croûtes get cold spread them over with capers butter lay on the sardines, and sprinkle with chopped olives.





## MENU NO. V

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*Poule-au pot,*  
*Filets de pomfret, Calaisienne,*  
*Entrecôte de bœuf, Italienne,*  
*Petites caisses de foie gras,*  
*Canards sauvages—Salade d'oranges,*  
*Haricots verts à la crème,*  
*Fruits frappés au cidre,*  
*Croûtes creuses au laitance.*

1. 'FOWL IN THE POT'.—This soup has been mentioned, page 457 as a camp soup. In cantonnement all the stock vegetables given for bouillon should be allowed, and a pound and a half of gravy beef added to the broken up fowl. The soup should be clarified in the manner described page 29. Then garnish with vegetables as for *pot-au-feu* with a few strips of the breast meat. A hen no longer useful as a layer can thus be turned to account.

2. POMFRET FILLETS WITH PRAWN SAUCE.—Cook the fillets of pomfret as described Menu I, but serve them masked with this sauce. Thicken the *cuisson* with *beurre manié*, page 58, but use prawn butter instead of plain butter, page 379.

3. RIBS OF BEEF WITH SPAGHETTI.—This dish is fully described page 272.

4. LITTLE CASES WITH FOIE GRAS.—For these turn to page 148: crisp toast should be handed round with them.

5. WILD DUCKS, WITH ORANGE SALAD.—Roast the wild ducks very carefully. For the sauce: Score the breast of the bird in the direction you intend to slice it, and let the gravy run out bountifully; to that add a couple of tablespoonfuls of burgundy, or sound claret (the first if possible), give that a dessertspoonful of lemon-juice and six drops of "*tabasco*," or a teaspoonful of chilli vinegar; stir the gravy round with a spoon, and baste the breast of the duck liberally with it, then go on with your carving. If you have a little sauce-boat on a spirit-lamp by your side (a handy modern invention) the gravy can be heated therein, on the spot, effectively. Some like port and some orange-juice—the choice is obviously a matter of taste.

For the salad the oranges should be peeled, freed from pithy skin, and divided into the natural quarterings of the fruit; the pips should then be squeezed gently out, assisted by a slit cut with a sharp penknife. Put the pieces of orange thus prepared into the salad bowl, and dress them as described for plain salad, page 247, sprinkling the whole with finely minced chives or green stem of onion and a little minced chervil or cress. The method of division I advise will be found better than slicing the oranges. This must not be mistaken for the sweet *salade d'oranges*, which is, of course, a very different thing.

6. FRENCH BEANS WITH CREAM (COLD).—This will be found page 200; if kept really cold, and made with tender pods it is an excellent entremets de légumes.

7. ICED FRUITS WITH CIDER.—Any nice assortment of fruit will do for this say peaches or apricots, pears, greengages, pine-apple, etc. Glaze the fruit as described for poires Melba, Menu 3. Keep it very cold in a cold china bowl; just before serving pour in gently at the edge of the bowl, so as to disturb the fruit as little as possible, a pint of well iced cider. Champagne is of course better than cider, see "Sweet Dishes", page 52.

8. HERRING ROES ON CROÛTES:—The bread for croûtes creuses must be a day old, and made of imported flour for choice. Cut it

in slices five-eighths of an inch thick, and out of these stamp rounds two inches in diameter with a plain cutter. Next, with a one and a half inch cutter, stamp an inner circle, pressing it into the bread three-eighths of an inch deep, and leaving a quarter of an inch margin all round. Fry the rounds in clarified butter till crisp and of a golden tint, and when of the right colour, take them out, cool, and using a small pointed knife, scoop out the centre of each round as marked by the inner ring. This will come away quite easily, leaving a hollow in the case to be filled with any avoury mixture, which should be arranged in dome shape neatly and garnished tastefully. In this case fill with preserved herring roes which have been warmed in a *saut -pan*, sprinkled with chablis and slightly devilled with Nepaul pepper.





## MENU NO. VI.

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*Potage Livournaise,*  
*Filets de seer, Tartare,*  
*Côtelettes fournées à la Milanaise,*  
*Petites carsses de cailles à la gelée,*  
*Poulets à la casserole, salade,*  
*Pommes de terre, Anna,*  
*Macaronade à la Moscovite,*  
*Croustades à la Wyvern*

1. **LIVOURNAISE SOUP.**—Very finely mince and fry in an ounce of butter six ounces of blanched onions, add to them as they are cooking two pounds of thinly sliced ripe tomatoes let the frying continue till the tomatoes are well dissolved, and then moisten with a gill of boiled milk. season now with salt, white pepper, a teaspoonful of dried basil, and a dessert-spoonful of sugar, let the contents of the pan come slowly to the boil, then stir in an ounce of flour diluted with milk to a creamy condition, boil up again, and dilute by degrees with six gills of good giblet broth, again boil, and simmer ten minutes, finally passing all through a hair sieve; add two ounces of boiled vermicelli, and serve with croûtons of fried bread, and grated cheese handed round.

2. **SEER FILLETS, TARTARE SAUCE.**—Trim the fillets neatly. Dip them in milk and flour them; let this dry, and then fry them. Serve garnished with neatly turned balls of potato, Tartare sauce (page 78) accompanying.

3. **MUTTON CUTLETS MILANAISE:**—These are fully described page 275.

4. **QUAILS IN CASES WITH JELLY.**—For these see page 148. Instead of quails, pigeons may be used if quite young. Quail cases can be got in fire proof china which surpass paper cases, and are much easier to serve neatly.

5. FOWL IN THE CASSEROLE:—Although fowls done in this way should strictly speaking be cooked in a '*casseroles en terre*', any stewpan with a cover, sufficiently deep to hold them can be used well enough.

Truss the birds as for roasting, but shorten their legs at the joint so that they may go easily into the *casseroles*, or stewpan as the case may be. After trussing, prepare this seasoning:—Six teaspoonfuls of salt, two of powdered herbs (thyme, marjoram, and rosemary), and two of newly ground black pepper; bruise with this mixture a piece of garlic the size of a pea, and then rub the seasoning into the cavity of each fowl. Next put an ounce and a half of butter or clarified suet into the *casseroles*, melt this over the fire, and brown the bird slightly in it, then cover the vessel and set it in the oven, continually basting the bird with spoonfuls of strong broth, (half a pint of which should be specially prepared beforehand), and covering carefully after each basting. When done—it will take about three-quarters of an hour—the breast will be found beautifully brown. Skim the fat off the gravy produced by the cooking, and serve in a boat. It is usual at a restaurant to show the bird at table in the *casseroles* before taking it out for carving. Broad sauce may accompany, fried potatoes, and a *macédoine* salad made as described page 251 may complete the service.

6. POTATOES A L'ANNA.—See page 195 for this.

7. MACARONADE À LA MOSCOVITE.—This sweet entremets will be found at page 45 "*Sweet Dishes*," but to present it "*à la Moscovite*" it must be made very cold in the ice box, and instead of covering the surface with whipped cream, finish it with cream ice laid upon it in tablespoonfuls, in broken rocky fashion.

8. Take the livers of the two fowls used for the *rôt*, and turn them about in butter in a *sauté*-pan till they are half cooked, then mince them in the pan adding a dessertspoonful of minced onion and two tablespoonfuls of preserved mushrooms (black Leicestershire) also minced. Fry till the liver is quite done, adding during the cooking a dessertspoonful of minced parsley and two tablespoonfuls of meat gravy; season with pepper and salt, or seasoning mixture (*b*) page 176. Serve portions of this in heated croustade cases page 107. Fresh mushrooms should of course be used when they can be got.





## MENU NO. VII.

—◆—  
*Consommé de gibier,*  
*Pomfret, Colbert à l'estragon,*  
*Poulet, Contadina,*  
*Selle de mouton, haricots verts,*  
*Petites salades, Deauville,*  
*Parfait aux pistaches,*  
*Parmesan, Lavournaise.*

1. **CLEAR GAME SOUP.**—See page 42. Having prepared bouillon for eight and strained it, lightly roast a brace of partridges and a snipe, or other game in like proportion, remove the breast meat for garnish, cut up and thoroughly crush the carcasses; put this *débris* into the stewpan and cover with the bouillon, adding a seasoning of mixture (a) page 176. Bring to the boil and then simmer for an hour. Strain again, clarify, and serve garnished with julienne strips of the breast meat.

2. **POMFRET, COLBERT SAUCE WITH TARRAGON.**—Fillet the pomfret, make a broth with the bones and skin, add a glass of chablis poach the fillets in this, lay them out on a buttered dish with a light weight over them to keep them flat; thicken the broth with *beurre manié* (page 58) and three yolks, finishing it with tarragon vinegar: cover the fillets with a sheet of buttered paper, warm them in a gentle oven, lift them, and dish neatly masking with the sauce and serve.

3. **CHICKEN, CONTADINA.**—Lightly roast two “three-quarters” grown chickens, remove the meat in neat fillets, crush the bones thoroughly and put them with the skin and giblets six ounces of minced onion, and a tablespoonful of chopped celery and parsley

into a stewpan, moisten sufficiently to cover with milk and water in half proportions, season with seasoning mixture (*b*) page 176; bring slowly to the boil and then simmer for one hour. Now strain carefully through a hair sieve, and turn the broth into a good white sauce using a roux of one-and-a-quarter ounce of flour to an ounce of butter per pint. To this quantity add a gill of good tomato sauce—enough to give the mixture a pink tint—and a tablespoonful of cream. Put the meat into a clean stewpan, cover it with the sauce, garnish with preserved mushrooms and the contents of a small bottle of truffles sliced, and set in the bain-marie closely covered so that the meat may marinate in the sauce at a moderate degree of heat. Prepare an Entree dish with a border of tomato tinted rice (page 345), dish the chicken in the hollow thus formed, dust the surface with grated Gruyère, and serve.

4. SADDLE OF MUTTON WITH FRENCH BEANS.—Roast the saddle, and serve it with a good gravy, red currant jelly, haricots verts soubisés (page 200) and potatoes in croquettes (page 190).

5. DEAUVILLE SALADES.—Cut about two dozen inch fillets of cold cooked cucumber into little squares. Pick a dozen medium sized prawns from their shells, and cut them into similar pieces. Make and melt a pint of stiff aspic jelly (page 97) put it into a bowl and whisk into it half a gill of salad oil, and a dessertspoonful of tarragon vinegar, with two raw yolks of egg. Garnish and pack eight darioles, partly, with the prawn and cucumber squares, set them on a baking sheet in crushed ice, and fill them by degrees with the aspic mixture completing the packing as in making a sweet jelly with fruit. Let them get cold in the ice, and being firmly set, turn them out at the time required, dish in a circle, and garnish with leaves of lettuce, garden cress, and a few slices of tomato.

6. PISTACHIO PARFAIT.—For this see page 184 of "Sweet Dishes" where the newest method of making the parfait is described; substitute a paste made of four ounces of pistachio nuts pounded with maraschino for the coffee adding it after the custard is made during the whisking process. A tint of pale green from spinach greening is customary with this ice.

7. PARMESAN, LIVOURNAISE.—Whisk together two gills of cream and sufficient grated Parmesan or dry Gruyère to make a rather stiff mixture. put this into little china cases each capped with an olive farcie. Scatter garden cress over, and serve with oat biscuits.

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## MENU NO. VIII.

—◆—  
*Crème de concombres, Marie Louise,*  
*Paupiettes de pomfret, Bonnefoy,*  
*Carre de mouton, bonne femme,*  
*Ballotines de cailles,*  
*Canetons aux petits pois,*  
*Aubergines, à la Béarnaise,*  
*Gelée de cassis Monastère,*  
*Biscuits Siciliennes.*

1. PUREE OF CUCUMBERS WITH PRAWNS, OR FRESH WATER SHRIMPS  
—For this an uncoloured stock should be prepared with fowl giblets and trimmings of mutton. Finely mince six ounces of mild onion, and a good sized cucumber skin and all; fry the mince in two ounces of butter until beginning to colour, then pour in sufficient warm milk to cover the contents of the pan; let this remain over a low fire until boiling, then moisten with the stock by degrees, seasoning with salt and a little sugar; as this approaches boiling mix in a breakfast cup two ounces of crème de riz with enough milk to make it fluid, and when the soup boils stir this thickening into it through a pointed strainer. Then, when the desired effect has been produced, pass all through a hair sieve: finish with a table-spoonful of cream, and half a pint measure of minced prawns: serve with croûtons.

2. PAUPIETTES OF POMFRET À LA BONNEFOY:—Prepare eight ice fillets of the fish lay them out on a board, and brush them over

on their upper side with egg, dust over that a thin layer of finely minced parsley, and chervil, and roll up the filets, securing each in shape with a piece of thread. Simmer the rolls carefully in a broth made from their own bones and trimmings, assisted by a sherry-glass of chablis or sauterne. When done (which you can find out by testing them with a pointed skewer) place the rolls on a hot dish, sever and remove the threads, and cover them up.

For the sauce :—Strain off the broth from the filets into a bowl, skim, and having ready a *roux* of half an ounce of butter and three-quarters of an ounce of flour, gradually mix in the former : when of a nice consistency strain, return to the saucepan, and add a table-spoonful of finely chopped gherkins and one of parsley.

3. NECK OF MUTTON À LA BONNE FEMME.—This will be found page 274.

4. BALLOTINES OF QUAILS.—Bone the birds carefully saving the bones for a fumet. Choose forcemeat No. 3 page 182 and with this fill the quails, sew up, and wrap them in cloths, tie across with tapes, and braise them in broth exactly as described for galantines page 292, finishing in the same way by lightly pressing, releasing them from their wrappings, when cold, and trimming and glazing them. The whole success of these morsels depends upon the forcemeat, which must be very carefully made. A small truffle can be inserted within each bird if liked. The little galantines can be dished in a circle upon a sloped *socle* with a garnish of broken jelly and olives *farcies* or *salade cuite*. The glaze should be made of the fumet extracted from the bones, see page 101.

5. ROAST DUCKLINGS WITH PEAS.—If home fed and reared these should be remarkably nice. Try Dubois stuffing page 179, and roast the birds well protected at first with buttered paper. Serve with a nice brown gravy or the sauce given for teal page 447, and tomato salad page 250.

6. AUBERGINES (COLD) WITH SAUCE BÉARNAISE :—If quite young brinjals are procurable—about the size of a country hen's egg—this dish will be found acceptable. Cook the brinjals and set them in a légumière in the ice box, make the cold sauce Béarnaise described page 80, see that it is quite cold, and with it mask the aubergines just before serving, and send round cheese biscuits with them.

7. **BLACK CURRANT JELLIES WITH BENEDICTINE**:—For this follow the directions given in "Sweet Dishes" for claret jelly, substituting black currant for raspberry jam, and mingling a sherry glass of Benedictine with the claret. Whipped cream should garnish the dish.

8. **SICILIAN BISCUITS**:—Jacob's Chicago crackers do very well for this savoury: Turn them about in a *saut *-pan in butter over a low fire until they have absorbed the butter; then let them get cold, dress them with cross fillets of anchovies freed from oil, in the manner described page 374, scatter over them finely minced olives, and finish with a lace work canopy of garden cress.





## MENU NO. IX.

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*Potage queue de bœuf clair,*  
*Mulet d'ocean, meunière,*  
*Quenelles de volaille, Paillard,*  
*Gigot d'agneau, Bercy,*  
*Bécassines sur croûtes,*  
*Petits pois à la crème froids,*  
*Salade de fruits au kirsch,*  
*Croustades Yarmouth.*

1. CLEAR OX-TAIL SOUP:—Prepare *bouillon* for the party as described page 27. During its cooking cut up an ox-tail at the joints, let these macerate in cold water for half-an-hour, then cover the bottom of a stewpan with a good coating of clarified suet or dripping; set it over the fire, and, when the fat has melted, put in the pieces of tail with six ounces of minced onion, a sprinkling of dried herbs, and seasoning; when beginning to colour moisten with sufficient hot broth from the stock pot to cover; let this come to the boil and then simmer gently till the tail is tender. To complete, strain the broth from the tail pieces and add it to the *bouillon* now ready; cool this, skim off the fat, and then clarify page 29. The addition of wine is a matter of taste; it is only necessary to say that the practice has been given up by modern connoisseurs, also the garnishing with strips of meat. The pieces of tail should be reserved for a *ragoût* for luncheon with a fresh vegetable garnish.

2. GREY MULLET, MEUNIÈRE:—Trim the mullet into neat fillets and arrange them on a buttered baking dish, set this in the oven covering with a sheet of oiled paper; turn once, and when done arrange the fillets on a hot silver dish, mask their surfaces with the sauce, and serve,

*For the sauce* :—Allow a dessertspoonful of butter for each portion, and put this into a small saucepan, add to it the butter left in the baking dish, heat over the fire stirring in a paste made of three well pounded anchovies, with a dessertspoonful of chopped parsley and the same of chopped capers ; when melted, use as described.

3. QUENELLES OF CHICKEN, PAILLARD :—For the preparation and cooking of the quenelles, see pages 183 and 140. To serve them in the method named—make a strong *clear* chicken broth with all the *débris* of the chickens used for the quenelles, do not thicken this, but garnish it liberally with *pointes d'asperges*. Arrange the quenelles in the centre of a silver dish, and pour the consommé aux pointes d'asperges round them.

4 LEG OF LAMB, BERCY :—Choose a plump leg of lamb and shorten the shank bone by sawing it off close to the end of the meat. Choose a good-sized stewpan, large enough to hold the leg easily, line it with pieces of fat bacon or pieces of good beef dripping, laying over it two ounces each of onion, carrot, and turnip, an ounce of celery, and a sprig of parsley, all cut small, and a seasoning of salt and pepper. Lay the leg of lamb upon this bed, set the pan over a moderate fire, and, when the fat is melted, turn the leg about for a few minutes, to seize the meat and slightly colour it. This being done, moisten with warm broth, just level with the top of the meat, bring to the boil, skimming off the scum, then close the pan, put it into a moderate oven, or over a low fire, to cook as slowly as possible for two hours. By that time the broth will be reduced more than half. Now take out the leg, put it on a small baking-pan, strain the broth, remove the fat, boil it down a little, adding a sherry-glass of marsala and an ounce of glaze or Bovril, pour some of this into the pan, put it into the oven, and continue to baste the leg every now and then with the remainder of the broth and that in the pan until it is nicely browned. Then dish it, with a ring of water cress round it, sending whatever broth may remain in a sauce-boat.

5. SNIPE ON CROÛTES :—Slightly roast eight snipes ; with a sharp knife remove their breasts whole, saving the trails ; make the best sauce you can with a broth made of the *débris* of the birds moistened with stock and helped up with a teaspoonful of red currant jelly, and a little marsala. Now prepare eight pieces of fried bread for the eight breasts, butter them, arrange them on a baking dish and spread the trails over them ; pepper and salt them ; place a breast of snipe upon each croûte, and put the dish into the oven ; bake till

quite hot, and just before serving, pour the sauce, reduced almost to a glaze, over them : crisply fried bread-crumbs may garnish the dish, and Nepaul pepper should accompany it.

6. COLD PEAS WITH CREAM —See page 198, serve as a salad with the snipe

7. FRUIT SALAD WITH KIRSCH:—See pages 52 and 53 of "Sweet Dishes." If liked, the salad, only slightly diluted with kirsch-flavoured syrup, may be masked over the surface with a cream ice.

8. CROUSTADES OF BLOATER PURÉE :—One good bloater (Yar-mouth) will be enough for this soak it in cold water for an hour, wipe it, wrap it in oiled paper, and heat it well in a *sauté*-pan : then pick all the meat off the bones including the roe ; pound these together in a mortar, and pass the purée through a wire sieve, using an ounce and a half of butter to assist the operation ; season well with pepper, adding a pinch of Nepaul and one of mace. Make croustade cases in the manner explained page 106, fill them with the bloater purée, scatter minced olives over each of them, and serve. Serve either hot or cold.







## MENU NO. X.

—◆—  
*Bisque Réunion,*  
*Filets de seer, sauce raifort,*  
*Tournedos de bœuf, Béarnaise,*  
*Mousseline de pigeons,*  
*Chapon, et langue de bœuf,*  
*Salade,*  
*Haricots panachés au fromage,*  
*Gelées à la Créole,*  
*Crouûtes Ecossaise.*

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1. **BISQUE OR FISH PURÉE, RÉUNION**:—For the soup two pounds weight of whiting and a dozen small prawns should be got. Fillet the former and cook the latter in salted water. Pick the prawns, wash the shells, and put them with the bones and trimmings of the whittings to make a fish broth in the manner described page 117. You will require two and a half pints of this. As it is in preparation wrap the fillets in buttered paper, and cook them in the oven: when done, cool, and pound them with the picked prawns to a paste with two ounces of butter and two hard-boiled yolks of eggs: pass this through a hair sieve, and when the broth is ready and has been strained and skimmed proceed to blend the two together in the method explained page 52, an ounce of butter and one and a quarter of flour will suffice for the liaison. Season with spiced salt (b). It is customary to add a gill of cream to a bisque but this is purely a matter of taste and discretion.

2. **FILLETS OF SEER, HORSE RADISH SAUCE**:—Neatly trimmed fillets of seer, crumbed with fine stale crumbs, and fried crisply, with horseradish sauce (page 74) accompanying.

3. **TOURNEDOS OF BEEF, BÉARNAISE SAUCE**:—These are round fillets cut from the under cut of a loin of beef three-quarters of an inch thick and two inches and a quarter in diameter. Let them be grilled, and served on *croûtes* of fried bread cut to fit them neatly. A few nice pieces of beef marrow, prepared as explained page 232. should be laid on the top of each tournedos. Béarnaise sauce (page 73) must accompany in a boat. Garnish with water cress, and potatoes sautées à la Lyonnaise, page 191.

4. **MOUSSELINE OF PIGEON**:—For a cold entrée in this form directions will be found page 144; for a hot entrée page 184. In this case pigeon meat must be substituted for chicken, and the cold form chosen. Set in a border mould, and fill the hollow centre, when the mousseline is turned out for service, with green peas prepared as explained in Menu IX.

5. **ROAST CAPON, ALMOND SAUCE**:—Try Wyvern's stuffing for the insides of fowls, page 179. Roast the bird carefully and serve garnished with water cress, and accompanied by almond sauce, page 69 and brown gravy, page 440.

For the tongue if cured at home (page 284) proceed as advised for ham, page 169. Serve with sauce Madère.\*

6. **FRENCH BEANS WITH FLAGEOLETS AND CHEESE**:—Prepare the beans, blended together, with sauce Milanaise (page 200), arrange them in a légumière, smooth over the surface, sprinkle grated Parmesan or gruyère over this, and push into the oven for a few minutes: just before serving garnish with biscuits, page 107.

7. **PUNCH JELLIES WITH PINE APPLE**:—For this, see page 18 of "Sweet Dishes."

8. **WOODCOCK TOAST**:—Page 360.

\* *Sauce Madère*:—To half a pint of Espagnole, page 87, add a table-spoonful of Madeira or Marsala.





## MENU NO. XI.

(For a party of four.)

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*Potage velours,*  
*Pomfret sauce verte,*  
*Longe de mouton, Wyvern,*  
*Croquettes de p. de t,*  
*Omelette soufflée,*  
*Croûtes à l' anchois.*

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1. VELVET SOUP:—For this follow the recipe given for *potage à la Crécy*, page 50, but, instead of the *roux* of flour and butter therein given, put a tablespoonful of finely pulverised tapioca into the *purée*, and simmer the soup twenty-five minutes. Groult's tapioca is the best for this. One tablespoonful to the quart.

2. POMFRET, GREEN SAUCE:—Take the flesh off the bones, remove the black skin, and poach the fish as described page 117. For the sauce thicken a pint of the fish boilings with an ounce of butter and one of flour, and finish with the herbs mixture given page 62. Sharpen with anchovy vinegar or lime juice.

3. LOIN OF MUTTON, WYVERN'S WAY.—A recipe for this will be found page 271.

4. CROQUETTES OF POTATO :—Page 190.

5. OMELETTE SOUFFLÉE.—Page 75 of "*Sweet Dishes*."

6. ANCHOVY TOAST :—Page 359.





MENU NO XII  
(For a party of four.)

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*Potage Saint Marceaux,*  
*Mulet d'ocean gratiné,*  
*Navarin d'agneau Napolitaine,*  
*P. de t ecrassées,*  
*Pouding de riz moulé,*  
*Croustades à l' okra.*

1. SAINT MARCEAUX SOUP.—This is a *purée* of green peas with which shredded lettuce is blended as prepared for *bonne femme*, with minced onion, page 46.

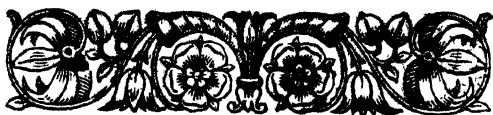
2. GREY MULLET BAKED :—In this case the fish should be filleted and arranged upon a buttered fire-proof dish, sprinkled with chopped parsley and chervil, and cooked in the oven during which it should be basted now and then with broth made from the bones and trimmings. Dish the fish in a hot silver dish ; skim and strain the broth into a hot sauce-boat, give it a tablespoonful of claret, and the squeeze of a lime, heat up and use as a sauce without thickening.

3. NAVARIN OF LAMB NAPOLITAINE.—Roast a neck of lamb, when cold cut it into neat cutlets, removing burnt skin : marinade these in *mint* sauce. with the bones and scrag end make a nice broth, then follow the recipe given page 262, making a very tasty turnip *purée* as therein described. when this is ready lift the cutlets from the marinade, and gently heat them up in the *purée* dishing as follows. Choose a neat joint dish, make it hot, arrange round its margin a border of spaghetti à la Napolitaine, page 337. Place the cutlets on the centre and mask them with the *purée*.

4. MASHED POTATOES :—Page 189

5. BAKED RICE MOULD :—Page 147, “ Sweet Dishes ”—half proportions. Serve with a fruit syrup, chocolate, or coffee sauce.

6. BANDECAI TOAST :—Page 364.



## MENU NO. XIII.

(For a party of four.)

—◆—  
*Potage Elise,*  
*Paupiettes de pomfret frites,*  
*Canard aux petits pois,*  
*Sauce powrade,*  
*Pannequets Celestine,*  
*Pailles Madrasienne.*

1. *ÉLISE SOUP*:—For this turn to page 457 and make the “stock broth” therein described with an old hen keeping the breast meat whole, but cooking it with the carcass, and vegetables. When the broth has been extracted, strain it off, putting the breast meat aside. Now thicken the broth as laid down page 45 or 46 as may be preferred. While the soup was in preparation pick, wash, shred, and cook in an ounce of butter a handful of sorrel, and make a garnish of the breast meat (say four tablespoonfuls) cut in julienne strips, finish the soup with these and the sorrel, add a yolk beaten up with a coffee-cupful of the soup, and serve.

2. *ROLLED FILLETS OF POMFRET*:—Cook these as described for whiting filets in Menu XIII, and serve with *sauce aux câpres*, page 62, made with a broth extracted from the bones and trimmings of the fish, and finished with a raw yolk.

3. *ROAST DUCK*:—Having a good home-fed duck, stuff it with the preparation given page 177, roast it with care, and serve it with *sauce poivrade*, page 82, *hot*: the peas, if preserved, as recommended page 240, and *p. de t frites*. In the hot weather I advise, as a change:—cold roast duck, cold *powrade* sauce, and the peas, cold, *à la crème*, page 198.

4. *CELESTINE PANCAKES*:—Page 72 “Sweet Dishes”: little pancakes with a spoonful of apricot jam wrapped up in each of them, dusted with sugar, and set on fire with rum or brandy as in the case of a rum omelette.

5. *PRAWN POWDER STRAWS*:—Made like cheese straws, page 382, substituting Madras prawn powder for the Parmesan.



MENU NO. XIV  
(For a party of four.)

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*Potage Parmentier,*  
*Coquilles poissonnière,*  
*Poulet au riz,*  
*P. de t. château,*  
*Pommes Américaine,*  
*Croûtes à la moëlle.*

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1. **POTATO SOUP**:—This is a smooth *purée* of potato, proportion one-and-a-half pounds of cooked mealy potatoes to a quart of giblet or scraps broth, with eight ounces of cooked Bellary onion blended with the potato. First pass the potato and onion through a hair sieve and then blend the *purée* by degrees with the broth, hot. Stir over the fire during the process, bring to the boil, skim if necessary and finish with seasoning salt. If not disliked a little mace may be added, or powdered marjoram and thyme. Serve with *croûtons*.

2. **SCALLOPS OF FISH**:—For this a fine mince of cold fish with prawns is needed sufficient to fill four scallop shells, adding a dessertspoonful of bread crumb for each; mix well in a bowl with a gill of creamy sauce with which a raw yolk has been blended;\* season the mixture, butter and fill the shells, trimming them smoothly with rounded dome-shaped tops, brush over with melted butter, and set in the oven at moderate heat until nicely coloured.

3. **FOWL WITH RICE**:—See page 349.

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\* See page 519.

4. **POTATOES CHÂTEAU**:—These are neatly ovalised potatoes of fairly uniform size, which, after cooking, are set in a buttered *sauté*-pan and turned about over a low fire while gently basted with a few spoonfuls of broth which should be absorbed by them. It is not necessary to brown the potatoes.

5. **"APPLE PIE" (AMERICAN)**:—This may be described as an apple cheese cake on a large scale. Line a neat pie dish with puff paste, and fill it with the apple cheese cake mixture given page 90 "*Sweet Dishes*": bake in a moderate oven till set, smother with powdered sugar, and serve either hot or cold. If the latter, a little cream might accompany.

6. **MARROW TOASTS**:—Perhaps the best way at a little home *partie carrée* for the service of this savoury is to send in the bones *au naturel* with very hot toast separately,—to be helped at the table.





MENU NO. XV.  
(For a party of four.)

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*Pot-au-feu.*  
*Matelote de poisson.*  
*Pièce de bœuf, Italienne.*  
*P. de t. en robe de chambre.*  
*Tarte aux groseilles vertes.*  
*Crème Anglaise.*  
*Purée de gibier sur croûtes.*

1. **POT-AU-FEU**:—For this turn to page 33 the idea in this menu being to serve the soup and the meat that was used in its making separately, the latter, whole, as a *pièce de bœuf*. A nice piece of the ribs might be chosen in this instance, it should be boned, rolled, and tied with cross strings, while the bones broken, and an ox foot cleaned and cut up, may be added to assist the broth.

2. **MATELOTE OR STEW OF FISH**.—This dish is carefully described page 424. To make it a mixed assortment of fish may be used, or a single kind the firmer the better. It is specially to be noted by readers of this book who may be out of touch with sea-fish, that this recipe is quite practicable with fresh-water fish.

3. **PIECE OF BEEF WITH SPAGHETTI**.—Still referring to page 33 it would be advisable to prepare the spaghetti (or macaroni) à l' *Italienne*, page 337, and arrange it round the piece of meat. Then, as the *bouillon* is used as a soup, turn some of it to *sauce pauvre homme* (page 71) to accompany the meat.

4. **POTATOES IN THEIR SKINS**:—Well-known.

5. **GREEN GOOSEBERRY TART**: or compote with custard or *sauce mousseuse*, page 24, *Sweet Dishes*.

6. **GAME TOASTS**:—Page 366.

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MENU NO. XVI.  
(For a party of four.)

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*Potage Jardinière.*  
*Poisson à la Curé.*  
*Gigot à la Chivry, épinards.*  
*Pouding à la Carlsbad.*  
*Croustades fermière.*

1. **JARDINIÈRE SOUP** :—This may be either clear *bouillon*, or chicken and giblet broth to which a pound of lean beef has added strength, garnished with a *macédoine* of vegetables, with which a few leaves of cooked cabbage or lettuce should be mixed.

2. **FISH À LA CURÉ** :—Any fish whether sea or fresh-water can be dressed in this fashion. See page 422 for Cholmondeley Pennell's recipe.

3. **LEG OF MUTTON À LA CHIVRY** :—For this braise the leg very gently with the best assortment of vegetables you can procure, but do not in this case brown the meat by a preliminary frying. Keep it uncolored, and cook it until it is really tender. When ready strain off the broth leaving the leg and vegetables in the hot pan. Turn the broth to a sauce Chivry—i.e., thicken it with *roux*, add a yolk to it off the fire, and stir into it the greening of herbs mentioned page 62, the *pounding* of which with butter is a most necessary step. Spinach and *p. de t. Duchesse* may accompany.

4. **CARLSBAD PUDDING** :—An easy method of making this is to follow the recipe given page 149 "*Sweet Dishes*" for "sponge cake pudding" but to introduce layers of stewed prunes (from which the stones have been removed) with the cake.

5. **CROUSTADES FERMÈRE** :—For this make little croustade cases (page 106), and fill them with a *salpicon* or coarse mince of Leicestershire mushrooms (if fresh ones are not available) slightly moistened with *Sauce Espagnole*, page 87.



MENU NO XVII.  
(For a party of four.)



*Potage de hèvre.*  
*Filets de mullet, Colbert à l' estragon.*  
*Côtes de bœuf marinées, Haricots secs.*  
*P. de t. parisienne.*  
*Beignets soufflés.*  
*Biscuits au Parmesan.*

1. HARE SOUP.—Varieties of this soup are given page 436 from which selection can be made.

2. MULLET FILLETS, COLBERT À L' ESTRAGON SAUCE:—Bread crumb and fry the fillets, and serve with a sauce *Hollandaise* (domestic, page 62) made with fish broth extracted from the trimmings of the mullet, sharpened with tarragon vinegar, and enriched with the yolk of an egg.

3 RIBS OF BEEF MARINADED:—Choose a nice piece of the ribs of beef, bone it, cut off the outer flap, and with that which remains make two or three steaks according to requirements an inch and a quarter thick at least: place these in a deep dish with six ounces of onions sliced, an uncut clove of garlic, a dozen peppercorns, salt, a tablespoonful of minced marjoram, chervil, and parsley, or a dessertspoonful of seasoning mixture (*a*), page 176. Add oil and vinegar (two tablespoonfuls of former to one of latter) in quantity sufficient to soak the meat well without actually covering it. Let it soak all day turning it several times during that period; lift it, when wanted, from the *marinade*, dry and fry it briskly in butter or clarified suet: then (when coloured on both sides nicely) pour in the *marinade*, with sufficient broth made from the bones and flap to cover it and stew very gently till it is thoroughly done.—Strain off the broth, skim and free it from fat, reduce it a little over the fire, pour over the steaks and serve. This process can be followed with mutton steaks cut from the leg, or venison steaks similarly prepared.

4. POTATOES PARISIENNE:—See page 192; and 202 for *Haricots à la Bretonne*.

5. BATTER FR<sup>2</sup>ERS or "FRENCH BALLS":—Page 307.

6. PARMESAN BISCUITS:—Page 107.



## MENU NO. XVIII.

(For a party of four.)

— ♦ —  
*Potage Toscane.*

*Orlys de poisson, ravigote.*

*Poitrine de bœuf salée au chou.*

*Gelée de Bordeaux.*

*Petits bouts à l' Indienne.*

1. SOUP TOSCANE :—This is a blend of lentil purée with tomato purée in half proportion. The purées should be moistened with giblet broth : see page 456 for the former, and page 228 for the latter : giblet broth is given page 63. The cook should not make the purées too thick.

2. ORLYS OF FISH :—Practicable with any fish out of which neat fillets can be cut. See page 305 for the method of preparation, and page 70 for the sauce, using a fish broth made from the trimmings of the fish, and omitting the colouring.

3. BRISKET OF SALT BEEF WITH CABBAGE :—Having a home-salted brisket fit to use, bone it, tie it in a neat shape with tapes, and braise it very gently in the manner explained, page 170. When done strain off the broth, skim it free from fat, add a glass of marsala, and boil this down as fast as possible. Dish the brisket upon a bed of stewed cabbage, page 206, arrange the vegetables used in the braising round it, and pour the broth over all.

4. BORDEAUX JELLY :—For this see the recipe given page 12, "*Sweet Dishes.*"

5. LITTLE CURRY CROUSTADES :—Turn to page 283 for this, and to page 106 for the cases.



MENU NO. XIX.  
(For a party of four.)

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*Potage à la Patti*  
*Boudins de poisson, Genèveoise.*  
*Fritôt de poulet, sauce verte.*  
*Crème Anglaise brûlée.*  
*Croûtes creuses aux huîtres.*

1. SOUP À LA PATTI:—This potage may be described as a fowl consommé to which a large allowance of vermicelli is added, grated Parmesan accompanying. The carcasses of the two birds used for the third dish on the menu would, with eight ounces of lean beef passed through a mincing machine, produce the broth. Follow the recipe given page 457 for the process of working

2. FISH PUDDINGS, GENÈVOISE SAUCE —A recipe for the fish forcemeat for the puddings will be found page 183 and their cooking page 142. For the sauce take half a pint of fish broth made from the trimmings of the fish. Put an ounce of butter into a small stewpan with a teaspoonful of minced shallot, and fry till turning a yellow colour, add a glass of claret and by degrees the fish broth, thicken at boiling point with half-an-ounce of rice flour as described page 46; finish with a drop or two of Parisian essence, strain, and serve.

3. FRITÔT OF FOWL:—For this take two fowls about three parts grown, wrap them in buttered paper and partly roast them. When cold, take off all the best meat from the birds in neat fillets, and use the carcasses, skin, giblets, and scraps for the soup already mentioned. Put the fillets into a bowl and *marinate* them in salad oil with the juice of a lime, an onion sliced in rings, pepper and salt. Half an hour before serving, take out the pieces of chicken, wipe

them with a cloth, then dip them in milk, flour them well, let them get quite dry and fry in plenty of hot fat in relays continuing the process until all are done. When the pieces are cooked, having been fried a golden yellow colour, pile them on a napkin garnished with crisply fried parsley, serving with *sauce verte*, page 62, assisted with a tablespoonful of cream.

4. CARMEL PUDDING :—A reliable recipe for this is given in *Sweet Dishes*, page 251.

5. OYSTERS IN HOLLOWED CROÛTES :—Prepare the oysters, if obtainable fresh, as explained page 66. Put a few in each *croûte creuse*, moisten with the sauce, dredge over the surface of each with grated Parmesan, warm carefully in the oven for a few minutes, and serve. For *croûtes creuses* turn to Menu V. The dish can be made with preserved oysters, and a sauce made from fish broth.





MENU NO. XX.

(For a party of four.)

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*Potage à l' ermitage,*  
*Filets de poisson, Niçoise*  
*Poitrine de bœuf à l' oison*  
*Petits pois,*  
*Croûtes aux pêches,*  
*Coquilles de crabe.*

1. **HERMITAGE SOUP**:—Prepare a decoction of chicken bones and giblets, or of an old fowl on the lines already laid down (page 457); empty it through a strainer into a bowl, cool, and skim it. Put eight ounces of finely minced onion into a stewpan, with an ounce and a half of butter or clarified suet, fry over a moderate fire, stirring in a large handful of shredded lettuce, continue the frying until the lettuce leaves are cooked, season with salt, a small spoonful of powdered sugar, and the same of white pepper. Moisten now with the broth, bring to the boil, and simmer gently for half an hour, then cool, skim, slightly thicken with two eggs, page 47, and serve.

2. **FILLETS OF FISH, NIÇOISE**:—Any fish from which neat fillets can be cut can be dressed in this manner:—Make a good fish-broth with the trimmings of the fish, sharpen this with a dessertspoonful of vinegar, and poach the fillets in it; when done, drain off the *cuisson*, thicken it with *beurre manie* (page 58) adding a yolk and a coffee-cupful of tomato juice strained free from skin and seeds. Mask the fillets with this, and serve.

3. **BRISKET OF BEEF GOSLING FASHION**:—For this see page 294. Proceed as therein explained but when it is cooked remove the cloth set the meat on a dish, place this in the oven, and baste it with broth prepared for the purpose so that it may brown nicely, serve with the apple sauce, brown gravy, and green peas.

4. PEACHES ON CROÛTES:—This is given in "*Sweet Dishes*" page 44.

5. SCALLOPS OF CRAB:—This is a useful savoury of cold cooked fish especially acceptable to those who dare not eat the shell-fish. Take about ten ounces of cold white fish picking out all bones and skin. Shred this, or rather tear it to shreds with two forks, and put this into a bowl, season it with salt and Nepaul pepper, moisten it with a dressing composed of half a gill of *anchovy* vinegar blended with a tablespoonful of made mustard and one of cream; dust over it two tablespoonfuls of finely grated dry Gruyère or Cheddar (not Parmesan), and mix well with a two-pronged fork. Arrange this in dome shape in the centre of a *légumière* or in *coquilles*, garnish with parsley and keep in the refrigerator till required. Choose a firm fish if possible for this like seer, or bectie.





## APPENDIX.

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### RECIPES FROM THE LAST EDITION REVISED.

#### SOUPS.

*Potage aux Œufs pochés*.—This is a very simple method of varying an ordinary clear soup. The eggs (one for each person) must however be carefully poached, neither too lightly nor too hard, then trimmed neatly leaving as little margin of white as possible, and served with the soup. A few leaves of dried tarragon flavour the soup very pleasantly, and grated Parmesan should be handed round on a separate plate. If you have no tarragon leaves, try a little of the vinegar.

Clear soup with poached eggs.

Note this:—In order to make sure of not breaking the eggs in the tureen,—order your butler to heat the soup plates and place a poached egg in each of them, before he serves the soup: he can then pour the soup over the eggs, instead of having to ladle them out of the soup, which is always an operation requiring much delicacy of touch, and a broken egg spoils the appearance of the soup.

*Potage Julienne*.—The French preserved *Julienne* is now procurable at all the principal shops and stores. It is chiefly valuable as a flavouring medium rather than a garnish, though useful for that purpose when fresh vegetables cannot be obtained.

Julienne soup.

Having made a good, strong, and clear *bouillon* sufficient for the party, cut off a portion of the *Julienne* tablet, which should be simply placed in a sauce-pan with a pint of the warm *bouillon* over a moderate fire, and allowed to simmer until the pieces of vegetable detach themselves, and appear nice and tender: when thus ready,



pour the contents of the sauce-pan into rest of the soup with a small lump of sugar, to bring out the flavour. Each tablet is marked for five portions. Remember that a *portion* is enough for two persons: I have found a tablespoonful of crumbled *Julienne*, in which form it is also sold, enough for three basins of soup. To preserve the tablet in this climate, I recommend you to break it up carefully, and cork it down in a dry bottle.

For the benefit of those who need not avail themselves of this useful preparation having fresh vegetables at their command, the following directions may be given:—Clean two ounces of carrots and turnips, and one each of leeks, onions, and celery; cut them all into thin strips not more than the eighth of an inch across, and an inch long. Put them into a stew-pan with a couple of ounces of fresh butter, a teaspoonful of powdered sugar, a little pepper and seasoning. Stir them lightly on the fire until they take colour slightly, say for five minutes or so, then cover them with a little broth from the *bouillon*:—a few leaves of lettuce and of sorrel finely shredded should now be added, simmer, and skim carefully. Let the vegetables thus cooked remain in the broth near the fire, nice and hot, until the time of serving. The *Julienne* is now ready to be put into the rest of the soup brought to the boil, finally skimmed, and sent up.

*Potage Julienne passée*:—In this case the vegetables of the dried tablets having been softened by simmering, are passed through a hair sieve and the soup is finished as a *purée*.

*Potage à la tortue clair*:—Procure the stock meat as usual, and half an ox-head unskinned (a calf's head is the proper thing when obtainable but a *young ox-head* is a fair substitute). Clean the head thoroughly, keeping the skin on, and scalding it to get rid of the hair: remove every atom of brain, and wash the meat in several waters; after this set it in the stockpot, cover it with water, bring it slowly to the boil and then let it simmer slowly for two hours skimming all fat, and scum that may rise: take it up of the pot, lay it on a dish, remove the bones, and set it with a weight upon it, on a dish to flatten and get cold. Strain off the broth, let it get cold, and skim off all fat.

\* With the stock meat proceed according to the instructions given page 86, using the proportion of vegetables there laid down, but moistening with the ox-head broth instead of water and adding turtle

herbs for flavouring composed of an ounce of *dried basil*, (sold in bottles) a teaspoonful of dried thyme, and one of marjoram, (the herbs in a muslin bag) with a dozen peppercorns. Simmer slowly now for about three hours, skimming the surface occasionally, and on no account permitting the vessel to boil. Now strain very carefully, and set the soup in a bowl to cool and throw up all fat; remove this, and when the soup is cold, clarify it according to the directions to be found page 29. Cut the cold head into one-and-a-half inch squares, selecting gelatinous not meaty pieces for the garnish to counterfeit the green fat of the turtle. Having carefully strained the soup, heat it up to the desired point, adding a glass of Marsala, and the juice of a lime, and pour the soup into the tureen over a dozen or so carefully selected pieces of the head arranged therein. Serve, with limes cut into quarters, which should be handed round followed by the Marsala. The *basil* is most necessary, and the whole success of the soup depends upon strict attention to the flavouring herbs and ingredients.

NOTE :—For thick mock-turtle omit the clarifying, and after careful straining thicken the soup referring to page 44 for the correct process, and proportion of *liaison* required to produce the effect aimed at.

*Croûtes au pot* :—This is an ordinary clear *pot-au-feu* with prepared crusts and vegetable introduced at the last moment. The preparation of the crusts however, demands attention. Cut off the bottom crust of a tinned loaf, with the same thickness of crumb as of crust: cut this out into squares half the size of a visiting card, or in rounds the size of a rupee; dip them in hot stock (from the soup), brush them over with butter melted and put them on a buttered tin, the oven where they should remain until crisp and dry. Slices of carrot, turnip, onion, and pieces of celery, that have been cooked in the *pot-au-feu* with some pieces of cabbage boiled separately, should be added to the soup before serving, the crusts being put into the basins at the very last moment.

*Potage poissonnière* :—This is a clear soup flavoured with fish. Whiting answers the purpose admirably, but any fish will do. Let us take whiting. Take off a few fillets for garnish and make a strong fish broth with all the rest for the number you expect. Two pounds of whiting should suffice for eight basins. Follow the advice given

page 117 for the making of fish broth. If carefully skimmed during the cooking this will not require clarifying. If dull or clouded the process with white of egg may be followed. After this simmer gently for half an hour, strain through a fine sieve, or *tamis* cloth,—it should now be bright and clear,—heat it up again when required and pour it into your soup tureen over some neat pieces made of the raw fillets that were saved carefully poached.

NOTE:—For fresh-water fish soups see page 426, but *omit the wine* there mentioned which unfortunately escaped my attention when revising that chapter.

*Potage à la Créole*:—A good giblet broth prepared as explained page 63 will do for this. When it is completed, Créole soup. drained, and has been set to get cold, and freed from fat, the soup should be completed as follows:—Having procured a crab of medium size—say six inches across the body—let it be carefully cleaned, with the lungs, etc., removed: chop up the body, slender legs, and shell, only reserving the claws: put all into a stew-pan, and cover well with the broth, adding a bouquet containing sweet basil, marjoram, and thyme, and a dozen peppercorns: bring to the boil, then simmer for forty-five minutes. After this strain, clarify the soup as explained at page 29, and serve garnished with the white meat of the claws shredded into strips. The claws should be cooked with the soup. To this soup a glass of marsala may be added, as in the case of clear turtle, and lemons cut into quarters should be handed round.

*Potage queue de bœuf clair*:—Make a good *bouillon*, following the recipe for *pot-au-feu* (page 27). This should be prepared the day before. Take a small ox-tail, Clear ox-tail soup. divide it at the joints, and chop these pieces in halves. Blanch them in boiling water for three minutes, then drain and dry them. Put them now in a stew-pan with four ounces of onion, a good bouquet of herbs, and a slight seasoning of mignonette pepper and salt; moisten with the *bouillon* (cold), bring to the boil, and simmer slowly till the tail meat is tender and leaves the bone on pressure. When the ox-tail pieces are cooked, strain off the soup, let it get cold, carefully skim off all fat, and when the surface is quite clear proceed to clarify with three-quarters of a pound of finely minced gravy beef and one egg as explained page 29. Garnish with carrots and turnips cut into neat squares.

*For Queue de bœuf clair à l'Indienne* :—At boiling point in the foregoing recipe before the simmering put in a muslin bag containing :—one dessertspoonful of coriander seed, one teaspoonful of cummin seed, the same of cardamoms, and a saltspoonful of fenugreek, all pounded with a teaspoonful of curry-powder, adding one clove of garlic uncut. Keep this in the soup during the simmering till a distinct curry-like flavour has been imparted to it when it may be taken out. This is a good form of clear mulligatunny.

*Potage à la Reine* :—Remove the breast from a cold roast fowl, excluding all skin, and browned parts, add to  
 Purée of chicken. the meat so obtained, half its bulk of bread-crumbs soaked in stock, and pound both together in a mortar, with a tablespoonful of ground sweet almonds, and the hard-boiled yolks of two eggs. Mash and cast all the bones into as much uncoloured beef stock as will be required for eight basins, and let them simmer for about an hour. Pass the pounded fowl and crumbs through the sieve to get rid of lumps, gristle, etc., moistening it with a spoonful or so of stock to assist the operation. When near the dinner hour, strain off the stock from the bones, and place it to get cool, removing all the fat that may rise to the surface. Now take a stew-pan and melt an ounce of butter at the bottom of it, stirring in a tablespoonful of flour ; add a little stock, and work the *roux* so obtained without ceasing, gradually pouring in stock, and adding pounded fowl, until you have exhausted the supply. Let the *purée* now come to the boil ; remove the stew-pan from the fire, and as you pour it into the tureen, stir into it a coffee-cupful of cream, (or that quantity of milk with which the strained yolk of an egg has been mixed) and serve.

### FISH.

*Pomfret à la Ventrienne* :—Prepare the fish in fillets, brush them over with melted butter, and lay them  
 Pomfret, Venetian fashion. in a buttered baking dish with a slice of tomato upon each of them, and sprinkle a tablespoonful of chopped parsley and shallot over them. Cook in the oven with moderate top heat, basting now and then with broth made from the bones and trimmings of the fish, assisted by a tablespoonful of chablis, hock or sauterne. When done serve with this sauce :—Boil a little spinach, and when soft squeeze it through a piece of muslin save the juice thus obtained for colouring. Now make half a pint of *sauce blanche*, with the remainder of the fish

broth, adding the liquid extracted from the fish during its cooking; finish with a teaspoonful each of capers and gherkins which have been pounded with an ounce of butter to a paste, and lightly colour the whole with the spinach-greening.

*Pomfret Normande* :—Clean and trim a fine pomfret; draw off the black skin and detach the flesh from the bone with a sharp knife: take the two sides so obtained, brush over with a well beaten egg and season them on their respective *inner* sides with pepper and salt; scatter finely chopped parsley, over this with minced mushroom and lay them together again, the fish resuming its former appearance. Now butter a flat *au gratin* dish, or one that will stand the fire, strew over the butter some minced onion, place the fish thereon, moisten it with a chablis, or a light white wine of that class, and a cupful of fish broth, and bake it in the oven. Whilst baking, make a good *velouté*, using the broth made from the bones and trimmings of the pomfret, and adding to it the liquid of a tin of oysters. When the fish is *nearly* done, take it out of the oven pour the liquid from its dish into the sauce; garnish the fish with the oysters of the tin previously mentioned, and some black Leicester-shire mushrooms; over all pour the *velouté*—which should be reduced till it coats the spoon—set the dish in the oven again for five minutes, and serve with *croûtons* of bread.

This recipe can obviously be simplified for the home dinner :—after having detached the pieces of fish from the bones, set the latter and the trimmings to make a broth. season the fish, omitting the mushrooms but substituting minced prawns, lay them together and bake, moistening with some of the broth, and a tablespoonful of mushroom ketchup. Strain and thicken the remaining fish broth; add the liquid from the baking dish, stir in the yolks of two raw eggs, off the fire, pour it over the fish and serve.

*Ragoût de pomfret* :—This recipe is practicable with all fish. Choose for instance a cold boiled pomfret, remove the black skin, and cut the fish into fillets of a nice length, dust them with pepper and salt, and put them aside. Slice finely four ounces of onion, and two of carrot, fry the slices till just colouring, in an ounce of butter, now add by degrees a pint of milk and water hot, two-thirds milk to one-third water, all the fish bones and trimmings, a bunch of

chervil or parsley, a blade of mace, and a teaspoonful of salt; boil this up and simmer it afterwards till the flavour of the ingredients has been extracted: now strain the broth, thicken with an ounce of butter and one of flour, and gently heat up the fillets of fish in it: take a coffee-cupful of the sauce, mix into it the yolk of an egg, and add off the fire: garnish with little dice of green and red chilli and serve. The point here lies in the flavouring of the sauce in which the fish is heated. If the chilli be objected to a finely minced tablespoonful of chervil may be substituted.

*Merlans Américaine*:—Cut and trim three nice whittings in fillets, brush them over with egg, and bread-crumbs  
 Whittings in the American way. them with some finely sifted white crumbs; dry well, and fry them a golden yellow in boiling fat, drain, and serve them with this sauce:—Melt a dessertspoonful of butter in a small sauce-pan, stir in a dessertspoonful of flour, add half a pint of warm fish broth made from the bones and trimmings of the fish, let it thicken, and finish it with the juice of a lime, seasoning with salt and adding a few drops of *tabasco*, and a heaped up dessertspoonful of very thinly shredded *capsicums*.

*Mulet gratiné*:—Choose a mullet weighing a pound and a-half and get a dozen prawns. Trim and clean the former  
 Baked mullet. carefully, and boil the prawns: when the latter have been boiled, shell, and clean them, wash them well, dry them, mince and pound them thoroughly in a mortar with an ounce of butter, and the crumb of a dinner roll soaked in milk: pass this through the sieve, adding a teaspoonful of anchovy sauce, a dessertspoonful of marjoram and parsley finely minced, and two ounces of cooked onion shredded: give this a dust of pepper, and a little salt, and work it together thoroughly with a couple of raw eggs. Now lay the mullet on a flat dish, wipe it dry, and fill it with the prawn stuffing, sewing up the fish securely. Butter a pie-dish, place the mullet therein, pour a breakfastcupful of broth round it made from the trimmings, prawn shells and tails, etc., spread a little butter upon the top of it, and bake for about ten minutes or a quarter of an hour in a moderate oven. A pat of *maitre d'hôtel* butter should be placed on the top of the mullet before serving, and a spoonful or two of hock, or any light wine like chablis, poured round it during the baking, will be found an improvement. Baste the fish now and then during the cooking.

*Tranches de seer Woffington* :—Out of a middle cut of seer make four slices about half an inch thick, and out of each slice make two portions; flatten them on a board, butter a *saute-pan*, lay in it the pieces of fish and pour round them half a pint of broth made from the fish trimmings, and a glass of chablis or hock and lay them therein; pepper and salt them, sprinkle them with some minced parsley, and a *little shallot*, and spread a sheet of buttered paper over them: bake for about ten minutes in a quick oven, and when done, remove the paper, and arrange the slices neatly in a hot dish.

Seer slices with  
Peg Woffington  
sauce

For the sauce:—To the broth strained from the pie-dish add a gill of milk and two raw yolks, turn this to a custard over a low fire or *en bain marie* and finish with a tablespoonful of walnut catsup, with half one of anchovy sauce, and just after removing the sauce-pan from the fire, stir in a dessertspoonful of minced gherkins. A tablespoonful of cream would improve this

*Pauprettes de soles pochées* :—Fillet a couple of nice soles, brush the fillets over on one side with egg, dredge over that seasoning mixture (a) and minced parsley and shallot, and roll them up thus forming *pauprettes*, and securing each in shape with a tiny skewer. Simmer these fillets carefully in a shallow stew-pan in a broth made from their own bones and trimmings, assisted by a spoonful of chablis or sauterne, and a teaspoonful of anchovy essence. When done (which you can find out by testing them with a pointed skewer) place the *pauprettes* on a hot dish, remove the *brochettes*, and cover them up

Sole fillets with  
poor man's sauce.

For the sauce:—See page 71 using for the moistening the broth in which the *pauprettes* were poached

*Cromesquis d'huîtres* :—Prepare the oysters (about a dozen and a-half good ones) in the manner described page 66, early in the day Reduce the sauce well, mince and stir in the oysters, add the yolks of three eggs and set over a low fire; do not let the mixture boil When heated nicely, put the contents of the pan into a shallow dish over ice to set, and let it get cold and firm. Then divide it into portions, each the size of a pigeon's egg and place them up on thin slices of previously boiled bacon; roll up the bacon wrappers and

Oysters cromes-  
quis.

fix them with white of egg; let them dry thoroughly and set; dip them into the batter, and lay them, two or three at a time in the frying basket, plunge this into a seething bath of fat, and fry a golden yellow. Serve on a dish paper garnished with fried parsley.

Instead of bacon, *very thin* wafer-like pancakes may be used cut into pieces the required size. and cow's udder is recommended by some authors. The consistency of the batter is very important. If too thick the envelopes of the *cromesquis* will not be "seized" through, and consequently will not be crisp. The batter should be just sufficiently thick to coat the *cromesquis*, no more. See page 304.

*Tranches de seer aux concombres*.—This is a dish of neatly trimmed slices of seer, plainly poached in good fish broth made from pounded prawn shells and fish trimmings. Put into the broth with the fish a glass of chablis, sauterne or hock and simmer very gently until the pieces of fish are done, then drain them, and strain off the broth. Thicken the latter with butter and flour, and add to it twelve previously cooked fillets of cucumber about an inch long, and half an inch thick, cooked as described page 226, and the pieces of fish with half a dozen minced prawns, and serve.

*Spaghetti journé au crabe*.—Choose a couple of nice crabs, have them boiled, cleaned, and picked: place all the meat in a soup plate, dress it with vinegar and mustard, moisten it with butter melted, and season with salt and Nepaul pepper. Boil till tender three ounces of spaghetti to line the bottom of a *légumière* or fire-proof baking dish, and finish it *à la Napolitaine*, page 337. Now brush the bottom and side of the dish with butter, and arrange the spaghetti in it so as to leave a hollow in the centre of it.

Next put the crab meat, well worked with melted butter into the hollow, arrange the spaghetti over it burying the crab, sprinkle over all a layer grated cheese, about one-eighth of an inch deep, and pour a little melted butter over the surface. Bake till the top takes colour, and serve. No sauce is necessary with this. It is of course clear that this method can be applied to any cooked fish, making a very acceptable *rechauffé*. Ordinary fish sauce can be used instead of butter for the moistening, flaked seer fish with egg sauce, for instance, without vinegar and mustard dressing.

*Boudins de saumon*.—Choose as many china *ramaquin* cases, or small *dariole* moulds, as you have guests; Salmon puddings butter them; and place them on one side. Make a savoury custard mixture flavouring it with a few drops of



anchovy sauce, and a savoury seasoning of salt and pepper instead of sugar.—Empty a tin of salmon upon a dish; choose a few nice pieces for each mould; place the pieces in a colander, and pour cold water over them to remove all oily liquid from them; dry with a clean cloth, and then put them into the moulds, as you do cake for a cabinet pudding, pouring the custard round them. Now poach the moulds process page 142, and when set, turn out the *boudins* carefully. Send round hot, with Hollandaise sauce, or very cold with *mayonnaise*.

*Homard à la Turque* :—Choose the firm pieces of a lobster from the tin, trim them neatly, set them in a buttered *sauté*-pan and warm them thoroughly. Lobster pilão à la Turque. Arrange the pieces in dome shape in a hot silver dish, surround it with a border of *riz à la Turque* (page 346). Pour some of the following *sauce à l'Indienne* over the pieces of lobster, but not over the rice, and serve :—mince three ounces of onion, or half a dozen shallots, and put the mince into a small stew-pan with two ounces of butter. Fry till the onions begin to take colour, then stir in a tablespoonful of good curry-powder or paste; cook this for five minutes, next add by degrees a pint of fish broth; bring to the boil, stir in an ounce of rice flour and let the contents of the pan simmer for a quarter of an hour while you make a coffee-cupful of cocoanut or almond infusion as used in curry. Stir this into the sauce, strain it, and add the yolk of an egg, off the fire, before serving.

*Homard à l'Américaine* :—Open a tin of lobster. choose all the larger pieces for the dish you are going to make, and put all the fragments aside to be used in *boudins* or *croquettes* for some other meal. Lobster à l'Américaine. Having washed and drained the firm pieces aforesaid, dry them, and set them aside for the present. Next make a sauce by blending a breakfastcupful of rich thick brown sauce, and the same quantity of tomato *purée*; add a teaspoonful of seasoning mixture (*b*) page 176, and reduce the mixture for five minutes. When nice and thick, add off the fire a sherry glass of *chablis* or *sauterne*. Now put into a *légumière* or a *gratin* dish the selected pieces of lobster, moisten them well with the sauce, put the dish into the oven, and when thoroughly hot, serve.

NOTE.—The Madras lobster (*langouste*) can be treated in either of the two foregoing methods. Having been cooked and picked to begin with.

*Poisson fumé* :—Clean and trim the fish in two fillets if a flat fish, if otherwise cut it in slices about half an inch thick, remove all bones, dry on a clean cloth. Prepare a fire of cocoanut fibre (coir): it produces a fine smoke: place an oiled gridiron over the smoke, and after well buttering the fish on both sides, lay it on the grid, cover it over with the lid of a cooking pot to concentrate the smoke. In about ten minutes the fish will turn a rich reddish brown on the side meeting the smoke, now turn it over, and let it take colour on the other side: it is now ready. A little anchovy sauce may be mixed with the butter when buttering the fish. Serve with any nice sauce.

### RELEVES.

*Gigot à la Wyvern* :—Remove the bone from a leg of mutton, fill its place with cashu-nut stuffing, page 178 and tie the meat into shape and cook it in the manner described page 156. When it is ready, strain off the broth in which it has been cooked, and with it complete a cashu-nut sauce as explained page 68, having prepared the pounded nuts in anticipation. Finally serve the mutton garnished with riz tomaté page 350, and mask it with the sauce. Let *haricots verts* accompany this dish if available.

*Tourne-dos à la Wyvern* :—Cut and trim a nice undercut of beef as described page 127 for *grenadins*: steep them all day *en marinade*, drain, and either grill, braise, or *sauter* them very carefully in clarified dripping, and in each case serve them in a circle round a dome of *épinards soubisés* (page 212) with a heart-shaped *croûton* of fried bread between each. The sauce should be composed as follows :—Melt half an ounce of butter in a small stew-pan, mix into it half an ounce of flour, stir in, when the butter and flour have amalgamated, a breakfastcupful of *bouillon* from the stock pot, half a glass of marsala, a teaspoonful of red currant jelly, a tablespoonful of mushroom ketchup, one of Harvey, and one of anchovy vinegar. Let this come to the boil, skim and stir well, and pass through the pointed strainer into a hot sauce boat. Note that the proper dimensions for *Tourne-dos*, *grenadins*, etc., may be fixed as follows: oval, two and a-quarter inches long, one and three-quarters across, and two-thirds of an inch thick. A *château-briand* is an inch thick. As a rule we trim these things too thinly.

*Châteaubriand* sauce is made in this way :—Add half a tumbler of chablis or sauterne to half a pint of *Espagnole* sauce, boil them together and reduce a little : then strain. Warm again, adding off the fire two ounces of *maitre d'hôtel* butter, let it thicken and serve it in a boat as hot as possible.

Another good old sauce for *grenadins*, *côtelettes*, etc., is

*Sauce Réforme* :—Put into a small stew-pan a pint of *Espagnole* sauce (page 87) and add two teaspoonfuls of Orleans vinegar, reduced from a gill (page 66). Boil up, simmer for ten minutes, skimming carefully, then boil again reducing the sauce to the thickness of cream : now add a dessertspoonful of red currant jelly and one of good mushroom ketchup ; stir till the jelly is dissolved, adding half a glass of marsala, stir again, and pass the sauce through the strainer : keep it hot in the *bain-marie*, and add just before serving, the following garnish :—the whites of two hard-boiled eggs, four black Leicestershire mushrooms, two gherkins, and half an ounce of lean ham, all chopped up into small dice.

*Fricandeau de bœuf* :—A *Fricandeau*, strictly speaking, should be

made of a fillet of *veal*, but a presentable dish  
*Fricandeau of beef.* can be made with tender under fillet of beef

working on similar lines thus :—Get *two* undercuts of the sirloin if one be too small, trim them into a neat shape, and attach them together by two good skewers. Lard them freely with fat bacon and place them larded side upwards, in a stew-pan lubricated with two ounces of clarified suet, upon a bed of vegetables as described page 156, and pour into the pan half a pint of good broth ; set this over a low fire and let it cook slowly till the broth has somewhat reduced and thickened. then add a pint more broth. put it into a moderate oven, and let it simmer for an hour with the pan covered. Put some live charcoal on the oven lid, which lift every five minutes or so to admit of your basting the meat under it. Continue this until you have glazed the *fricandeau*, then take it out, and dish it on a very hot dish. Quickly strain the broth from the stew-pan, skim off any fat there may be, pour it over the meat, and serve. Put a *purée* of sorrel upon a hot dish, lay the *fricandeau* thereon, and let potatoes *à l'Américaine* accompany it.

*Epigrams de mouton* :—Braise a breast of mutton in a stew-pan with vegetables as in the foregoing case, but

omit the glazing process. When the breast is sufficiently done to admit of the removal of the bones, draw the pan from the fire, take out the breast, and pick out

the bones; then place it flat on a dish with a weight upon it: strain the broth and vegetables from the vessel in which the meat was cooked, putting the vegetables aside, and setting the broth to cool. These operations should be performed early in the day. When the breast has become thoroughly cold, remove the weight, and out of the meat cut eight neat ovals. Brush them over with egg, and bread-crumb them with some very finely sifted stale bread-crumbs crisped in the oven. Let them stand for an hour, and repeat the process,—re-crumbing them again. Let them dry thoroughly and then fry them in boiling fat a nice golden yellow, take them out, drain them dry, and arrange them round a dome of white haricots *purée soubisée* (page 202) garnished with rolls of fried bacon.

For the sauce:—Skim the fat from the broth which was set to get cold, put half an ounce of butter in a sauce-pan, work half an ounce flour into it, when mixed gradually, add a breakfastcupful of the broth, stir well, and let the sauce thicken, add half a pound of tomatoes sliced, a dessertspoonful of anchovy vinegar, and a teaspoonful of red currant jelly, boil up, pass through a fine strainer, into a hot sauce boat, and serve. The sauce should be as thick as ordinary thin cream. A few dice of sliced *cornichons* (gherkins) may be mingled with the sauce, or minced capers if you like them.

*Chaud-froid de volaille*:—Cover the breasts of two good-sized chickens with buttered paper, and roast them without letting them take colour when cold, remove the breast meat as neatly as you can, also the flesh of the thighs and drumsticks. Out of the pieces thus obtained, trim a number of neat fillets as nearly the same size as possible, dredge a little flour over them and cover them up.

Chicken *chaud-froid*.  
For *chicken chaud-froid sauce*:—Take all the bones left after the above operation, scraps, skin, necks, pinions, etc., with the giblets, and make a strong chicken broth with them, see page 63. When the broth is ready, strain it into a bowl, skim it, and proceed to make with it a rich *sauce velouté*, using for a pint of broth an ounce of butter and one of flour, and adding during the process half an ounce of dissolved gelatine. Stir vigorously to thoroughly blend the sauce, then take it from the fire, and add the yolks of two eggs, and (if available) a tablespoonful of thick cream. Set this aside to cool. Place the fillets upon a roomy flat dish, which should be laid upon a bed of broken ice in hot weather, and when the sauce shows

signs of setting carry out the coating of the fillets as described page 102, masking each piece with a smooth white glaze. Put the dish away over ice so that the masking may set. Prepare a border of "aspic with vegetable broth" (page 97) decorating the top of the mould with a layer of green peas, then set it in ice. When quite cold, turn it out carefully upon a cold silver dish, fill the hollow in the centre with the pieces of masked chicken, arranging them above the level of the border in dome shape, introducing it desired a slice of truffle here and there, and garnishing the top of the dome with cocks' combs and truffles: let the dish remain in the ice box until the time arrives for it to go to table.

*Chaud-froid belle alliance* :—For this as many cold *fonds d'artichaut* are required as there are guests. Lightly roast a tender fowl, and cut from its breast when cold as many slices as possible about one-sixth of an inch thick, and out of these stamp with a round cutter discs the size of a rupee—one for each *fond*. From slices of tongue of a similar thickness stamp a similar number of discs; and from a small *terrine* or tin of foie-gras cut a like quantity of slices the thickness of an anna trimming them in rounds like the tongue and chicken. Lay the *fonds* on a joint dish, brush their upper sides with butter partly melted, put a piece of chicken on each *fond*, butter it, and cover it with a slice of foie-gras, butter that, and finish with the tongue. Let these set. Next, reserving the legs and thighs for breakfast, break up the carcase of the fowl, make a broth as in the foregoing recipe, and with it a similar sauce. As this cools mask the *médallions*, put them into the ice box and let them get cold, lastly trim them neatly, set them upon a flat silver or china dish on a dish paper, and garnish simply with greenery, parsley, water-cress, lettuce leaves, or curled endive.

NOTE :—It may be added that the remains of a *pâté de foie-gras* may be used in the form of *purée* to form the centre of the *médallions*.

*Poulet Saint Lambert* :—Take two nice chickens, cut them up as if for fricassee, wash the pieces in lukewarm water and select the following :—the four wings, the four legs, two breasts, each cut *across* thus forming four pieces, and four thighs, and put them aside covered up. Take all that remains with the giblets, lay them on a board, and chop them up well. With this proceed to make a broth following the recipe given page 63. When this is ready, strain it into a clean stew-pan, and keep it warm. Next,

Chicken, St. Lam-  
bert fashion

melt at the bottom of another stew-pan two ounces of butter, stir into it two tablespoonfuls of minced onion, and a teaspoonful of seasoning salt (6). When beginning to soften put into the pan the pieces of chicken, and fry them (*faire revenir*) over a rather brisk fire, dredging over them a heaped-up tablespoonful of flour. Stir all well now for two minutes, then take the pan from the fire and moisten by degrees with the warm broth, set it over the fire again, and bring nearly to the boil, then simmer gently until the chicken is done. The pieces of bird must now be taken from the pan, laid on a dish, and covered up. With the broth make a good *sauce-veloutée*, page 89, and when this is ready put into it the pieces of chicken, heating them up gently without boiling. Finally dish within a border of rice, see page 110, garnishing the surface with peas, or asparagus points.

*Poulet Villeroy* :—Cut up and cook a couple of nice chickens as explained for *poulet à la St. Lambert*. After

Chicken à la Ville-roy.

the pieces of chicken have been stewed in their own broth, drain them, set them aside to get cold and make a thick *sauce veloutée* with the latter, but in this case thickening it with yolks of egg like custard. As this gets cold, dip the pieces of chicken into it; let the masking set; then dip them in beaten egg, bread-crumbs them, repeating the process after the first has dried, and fry them a golden yellow in boiling fat. Drain them, and pile them on a dish paper, garnishing with small potato *duchesses*, and fried parsley. Send the rest of the sauce round in a boat after adding to it a heaped-up tablespoonful of minced cooked mushrooms, and one of cream.

*Soufflé de volaille* :—For this you want eight ounces of cold cooked chicken, minced, pounded thoroughly

Chicken soufflé.

with an ounce of butter and passed through the hair sieve. With the bones well bruised and broken, assisted with a proper proportion of vegetables, a good broth should be made, out of which three-quarters of a pint of white sauce can be managed. Strain, and reduce this till it coats the spoon, then mix a gill of it into the chicken *purée* in a bowl letting it get cold. Now add one by one the yolks of three eggs, mixing thoroughly; lastly, pass into it the well-whipped whites of the eggs, put the mixture into a well-buttered baking-dish or *soufflé-tin* protected with paper, and bake in a moderately hot oven for twelve or fifteen minutes. Serve as soon as it is risen.

*Poulet désossé grillé*:—Bone a fowl, and make a nice strong broth with the giblets and bones, which will, of course, form the basis of the sauce for the bird. Flatten out the fowl like a steak, and marinade it all day (page 129): when to be cooked, wipe the fowl, butter it, and grill it smartly over a bright fire, serve with cashu-nut sauce in a boat, and fried potatoes *à la Lyonnaise* (page 191) garnishing with water-cress. For the sauce turn to page 69.

*Pain de foie-gras*:—A small tin of *pâté de foie-gras* will do for this dish. Make a liver forcemeat as given page 182. Cut the *foie-gras* into little squares, choose a plain pint mould, butter it, and pack it closely with alternate layers of forcemeat, bacon dice, and squares of *foie-gras*, according to fancy:—when packed, poach the mould *en bain-marie*, process page 142, for three-quarters of an hour; let it get cold, turn it out, glaze, and ice it. Serve with dry toast.

*Croustades de foie-gras*.—Choose six or eight nice rolls that have been baked in small round tins: scoop out the crumb, and make hollow cases of them, then fry them a golden yellow in butter. Or make the *croustade* cases given page 106. Open a small tin of *pâté de foie-gras*, and make half a pint of sauce *Madère*, *i.e.*, that quantity of *Espagnole* sauce, page 87, with a liqueur glass of *marasala* to finish with. Pack the *croustades* in this way.—first butter them, then fill them neatly with little squares cut out of the *foie-gras*, pouring some sauce round the layers to moisten them, put a *croustade* biscuit (page 107) on the top of each *croustade*, bake them all quite hot, and dish upon a dish paper garnished with parsley.

*Pastry case for a vol-au-vent*:—Make very carefully a pound of puff-paste, following the directions given at page 276. Give the paste six turns, and roll it out three-quarters of an inch thick. Cut out of this as neatly as possible an oval piece the size you wish your *vol-au-vent* to be. You will then have an oval piece of pastry three-quarters of an inch thick: turn it over upon a buttered baking-sheet, brush the surface and side with a beaten egg, and mark out the interior oval, leaving an inch margin all round. Let the knife cut this tracing to a depth of a quarter of an inch. Now put the sheet in the oven, and when the paste is baked, remove the inner

oval (which you will find has risen) for a cover: then scoop out the uncooked paste inside the case: brush the whole case thus formed with egg again, and bake it for about five minutes. After this the pastry will be ready to receive the *ragoût* prepared for it. Remember that in the first baking, the oval wall will have risen two or three inches high.

Touching *ragoûts à la financière* and *à la reine* which are generally used for this dish:—the former is brown, the latter white. For *financière*, then, moisten with *Espagnole*, and for *à la reine* with *veloutée*. Oysters, chicken, rabbit, tongue, sweet-breads, liver, cocks-combs, truffles, mushrooms, and game, form the chief component parts of the *plat*. Select the ingredients; trim the pieces of meat into lozenge shapes and gently heat them up *salmis* fashion, in either the rich brown, or the delicate white sauce I have named; the meat having been previously dressed, of course, requires no cooking. Bearing these general rules in mind, the *ragoûts* will not be found very difficult.

*Mousse de fromage*.—This is of mould of “cheese cream.” Make half a pint of rich custard, season it with salt instead of sugar, and a little Nepaul pepper, strain and let this get cold, then whip it well, stir in three ounces of grated Parmesan or Gruyère, and half an ounce of dissolved gelatine. Set the mixture in a plain mould on ice, and, while setting, stir in a coffee-cupful of whipped cream. Turn out the mould, garnish with sprigs of parsley, and serve cold.

Following the same principle very excellent *mousses*, or *crèmes*, can be made with *purées* of delicate meats, fish, and vegetables. *Crème de homard*, *crème de crevettes*, *crème d’artichauts*, *mousse de gibier*, etc.

If required to be served *hot*, the contents of the mould must be poached *en bain marie* (page 142) the cream being stirred into the uncooked custard mixture in the first instance. It is essential that the *purées* be thoroughly pounded, and passed through the sieve. Cold savoury creams are specially nice at luncheon. Instructions for these dishes will be found at page 184.

*Turban de bécassines*:—A snipe for each head. Begin by roasting the snipes lightly, then cut off their breasts whole, allowing one whole breast with its bone for a portion. Mash the rest, trails and all, and throw the *débris* into a *stewpan* with a pint and a half of broth, adding eight ounces of



onion with one of celery, a teaspoonful of sweet herbs, and a seasoning of salt and pepper; set this over a low fire to heat up gradually, and as soon as the contents of the stewpan have come to the boil, simmer for an hour gently in order to get the essence out of the snipe bones. When that has been done, strain off the broth, and set it to get cold. Next skim, and commencing with a *roux* of an ounce of butter and one of flour, proceed over a low fire to thicken the broth, completing the sauce thus produced, after it has come to the boil and is simmering, with a claret glassful of claret, a teaspoonful of red currant jelly, and a dessertspoonful of Orleans vinegar which has been reduced from a gill.

Separately prepare a chicken forcemeat (page 183) assisting it with a tablespoonful of the sauce, and when worked sufficiently, put it into a well buttered flat topped border mould, and cook as described, page 142. Turn it out when done, garnish the top of the turban with the snipe heads and beaks. Meanwhile the breasts originally cut off should have been kept marinading in the sauce, and when the border is nearly ready this should have been gradually heated up *en bain marie*, so that when the border is turned out the breasts, moistened with their sauce, may be ready to be arranged in the centre of it. Serve when this has been done. It is obviously possible to introduce mushrooms and truffles with the breasts when packing the centre of the border, and when snipe are plentiful the border may be made of forcemeat in which snipe breasts supply the place of chicken, see "Game forcemeat," page 184.

*Chaud-froid de bécassines* :—By carefully studying the foregoing the reader will find no difficulty in applying it to the preparation of a *chaud-froid* the preliminary steps being the same. The sauce, with an ounce of dissolved gelatine added to it, becomes a *chaud-froid* sauce. The border may be composed of meat-jelly (page 98). The preparation of the breasts is explained page 102: when set, they should be put in the hollow of the border, a sauce Tartare might accompany.

*Salmis de bécassines* :—This can be made exactly on the lines laid down for the turban by simply heating the breasts in the sauce, and serving them as a *ragoût*.

*Pintade à la Wyvern* :—Pluck, singe, draw and truss the bird for roasting, but do not allow the cook to put the liver and gizzard under the wings. Fill the cavity of the bird with Wyvern's stuffing,

Fillets of snipes  
dressed with cold  
sauce.

Roast Guinea-fowl,  
Wyvern's way.

page 179. Tie a few thin slices of fat bacon over the breast and cover all with paper well lubricated with melted fat securing it with tape: put it to roast over a very clear fire, baste frequently, and when done, put it on a dish garnished with water-cresses. Send round the best bread or cashu-nut sauce, fried bread crumbs, and a good brown gravy made in the manner described page 440, to which should be added half a glass of marsala, a teaspoonful of red-currant jelly, and the juice of a lime. A salad should accompany. During the last ten minutes' roasting, the paper, etc., should be removed.

*Canards sauvages bigarade* :—Roast the wild ducks, and serve them with this sauce :—Pare as thinly as possible, avoiding all pithy skin, the rind of two oranges (sweet limes), cut them into thin shreds and blanch them in boiling water for five minutes, drain, and put them aside. Melt half an ounce of butter in a stewpan, mix with it half an ounce of flour, stir over a low fire till beginning to brown, and add by degrees half a pint of strong broth (with which should be boiled the giblets of the ducks), season with spiced pepper and salt, and strain the sauce into a clean saucepan, add now the juice of the oranges, with a pinch of sifted sugar, a tablespoonful of red wine, and the boiled rinds, stir till the sauce boils, and serve in a hot boat.

*Fillets de perdreaux à la gelée*.—Gently stew four partridges in broth with four ounces each of carrot, and onion, one of celery, a teaspoonful of sweet herbs, and a bouquet of parsley. When done, set the birds to get cold and strain off the broth in which they were done. Now cut off the fillets of the partridges, and pick all the other meat from the bones as well. The fillets should be put aside. Break up and pound the skin, bones, remnants and scraps, put them into a stewpan and moisten with the broth strained from the birds. Proceed now to extract the *fumet* (page 92) adding a sherry glass of marsala, and simmering the whole gently for three-quarters of an hour. Now strain off the broth, let it get cold, skim, and clarify it adding (for a pint) during that process an ounce of dissolved gelatine. Now decorate a plain mould with white of hard-boiled egg, and little discs of cooked cucumber set it over crushed ice, pour in a little jelly, and set the garnish; then pack the mould with the fillets of partridge, mingling with them little dice of cooked bacon and slices hard-boiled egg. Ice this, and present it with *sauce mayonnaise*

also iced) in a boat, or any one of the cold sauces that may be liked :—*Mousseline* or *Béarnaise* page 80.

*Perdreux à la Soubise* :—Prepare two partridges as for roasting, filling the cavity of each of them with the stuffing given for duck, page 177, but substituting marjoram for sage. Prepare a *blanc* (page 231), put the partridges into a stewpan with one pound weight of onions trimmed, but not cut up. Pour the *blanc* round them, boiling hot, in sufficient quantity to cover them, set the vessel over a low fire and simmer the partridges very gently therein until they are perfectly tender. When done, (they will take at least an hour and a quarter) take them out, and drain them, replacing them in the hot pan in which they were done, with the cover on. Now strain the broth in which the birds have been cooked, and with it make a rich *soubise*, sauce as follows :—Take the onions which were cooked with the birds, lay them on a board, chop them up very fine, pass them through the sieve, and proceed with this and a pint of the *cuisson* of the birds to make a smooth *purée* commencing with a *roux* of half an ounce of butter and one of flour to blend it : when this is ready, cut the birds in halves, lay them upon a very hot dish in a line, pour the onion *purée* over them, and serve, garnished with curls of crisply fried bacon. In this case a tablespoonful of cream would assist the *soubise* advantageously.

*Grills* :—For breakfast few dishes are more popular than these, while devilled bones for a *very* late supper hardly require commendation. The utensil necessary for grills is, of course, the *grid-iron*. Ramasami spoils his grills by using the fryingpan, for though the bones may be served in a wet, as well as in a dry, form, they must be themselves broiled over a clear fire. The meat attached to the bone, whether a turkey leg, or the bones of a saddle of mutton, must be scotched with a sharp knife criss-cross-wise, and bountifully peppered with this seasoning :—one teaspoonful of Nepaul pepper, one teaspoonful black pepper coarsely ground, two teaspoonfuls of salt, mixed well together. Following these proportions a bottle of “grill-seasoning” can be made, and labelled for use when required. Mix your mustard for your grill with Worcester sauce instead of water or vinegar, and if you want “the very devil” of a grill, add to it some drops of *tabasco*. Smear this over the

seasoned bones, rub the bars of the grid-iron with suet, lay the bones thereon, and grill them. If here and there they scorch a little, so much the better. Serve without delay 'from the grid to the plate' so to speak. This is a dry grill. For a wet grill proceed exactly\* as directed for the dry, but roll the bones, after broiling them, in a *sauté-pan* for a few minutes in this sauce:—

*Devil-sauce*:—Put a breakfastcupful of broth into a stewpan and add to it a tablespoonful of Vencatachellum's tamarind chutney, a tablespoonful of mustard mixed with Worcester sauce, a tablespoonful of mushroom ketchup, a tablespoonful of marsala, a teaspoonful of red-currant jelly, and a teaspoonful of chilli vinegar: heat all together to melt the jelly and blend the ingredients, then strain, and thicken in a separate stewpan with half an ounce of butter, and half an ounce of flour, heat this up to boiling point in a *sauté-pan*, and roll the grilled bones in it off the fire, serving them quickly with the rest of the sauce in the pan poured over them.

*Haggis*:—This savoury composition ought, strictly speaking, to be cooked in the paunch of a sheep well cleaned to receive it, but as this is a troublesome operation, it will be found just as satisfactory to use a jar, the top of which can be hermetically sealed with paste.

Take the tongue, heart, kidneys, and liver, of a freshly killed sheep: those of a lamb for choice. Weigh them, and prepare half of the weight of fat bacon, a quarter pint of well dried oatmeal, two large onions parboiled and shredded, two teaspoonfuls of salt, half a nutmeg grated, and one teaspoonful of black pepper. Boil the liver, then chop it up reserving half as mince and pounding the rest to paste: this must be passed through the sieve. Parboil the heart, kidneys, and tongue, then chop them up; also chop the bacon into small dice; now mix the oatmeal with the chopped meats, adding the onion, and seasoning. Put all into a jar, moistening with a pint of strong gravy in which the liver paste should be mixed, and the juice of a lime. Steam, or bake in the oven for three hours, and serve.

This makes a good *réchauffé* if it be served, baked hot, in silver or china *coquilles*.

*Coquilles d'artichauts* :—Boil six artichokes; when cold, strip them of their leaves, scraping off all the pulp which adheres to them into a soup-plate with a silver dessert-knife: then extract the "chokes," and add the "bottoms" of the artichokes and half an ounce of butter half melted to the leaf pulp. Mash the whole together with a silver fork, dust it with salt and pepper, and moisten it with a tablespoonful of cream; stir it well, butter and fill six two-inch *coquilles*, dust over the surface a layer of very finely sifted bread-crumbs, sprinkle some little bits of butter over the crumbs, bake till thoroughly hot, brown the surface with a hot iron, and serve on a napkin. This is equally practicable with Jerusalem artichokes (*topinambours*).

Pastry cases may be used instead of the *coquilles*, see page 107. If the surface is dressed with grated cheese, instead of crumbs, the *entremets* becomes *coquilles d'artichauts à la Morny*. The dish can be presented cold, *mayonnaise* sauce being used to mask the surfaces.

*Oignons farcis* :—This method is mentioned page 224 without specific details. Bombay onions weighing about eight ounces each should be chosen if possible. Stuffed onions Boil the onions till three parts done; take them out, drain and let them get cold, and save the water in which they were cooked. Now make an incision in the top of each about an inch and a half wide leaving a margin, for if sliced off level with the tops, the onions may fall to pieces. Scoop out as much of the heart of the onions as possible, lay this upon a board, and mince it quite small: put this into a bowl and for four onions of the size mentioned allow four ounces of minced cooked kidneys, lamb's liver, corned beef, ham, tongue or any meat of a savoury nature, two ounces of minced fat bacon or suet, three tablespoonfuls of bread-crumbs, and a seasoning of spiced salt (*b*) 176. Mix this in the bowl like a pudding, stirring in one whole egg. With this fill the cavities of the onions, smooth the tops, brush over with egg and bread-crumbs the surfaces, then lay the onions upon a buttered baking tin, put into a moderate oven, and bake for half an hour. Serve as hot as possible, with this sauce:—

Make a *roux* with half an ounce each of butter and flour, when smooth moisten by degrees with the onion *cuisson*, add when ready a teaspoonful of capers pounded with half an ounce of butter and the yolk of an egg, off the fire, to finish it.

Another mixture without meat is as follows:—Two ounces of grated cheese, four hard-boiled yolks chopped small, two ounces of butter, four ounces of bread-crumbs, a seasoning of spiced salt, and one raw egg to bind, all mixed with the finely minced and cooped out part of the onion.

*Croustades de truffes* :—Line as many little open tartlet pans as you have guests with some carefully made croustade  
 Truffle patties. paste, see page 106. An oval not much larger than the bowl of a tablespoon is the shape best suited to the purpose. Choose a small bottle of truffles, empty its contents into a saucer with all the liquid that there may be. Make a coarse mince of the truffles, allowing a good dessertspoonful *per* head. Warm the mince up gently in two gills of *Espagnole* sauce flavoured with half a glass of marsala and the liquid saved from the bottle, and keep it hot *en bain-marie*. When wanted, heat up and fill the crisp *croustades* with a spoonful each of the truffles and sauce, dish them *en serviette*, and send them round with any bird. *Croustades de champignons*, made in the same way but substituting mushrooms for truffles, may be served with roast game very effectively. These *croustades* also make a good savoury *entremets* alone.

*Semences de Moringakai gratinées* :—Buy sufficient young *moringa*  
 Baked drumstick seeds with cheese pods to yield seeds enough to fill a little pie-dish or four china 2½-inch scallop shells. Boil them, and scrape out the seeds, and the tender flesh inside the pods, into a basin : Stir into this a tablespoonful of cream, or a coffee-cupful of milk in which the yolks of two eggs have been well beaten ; season with salt and pepper, and arrange it in the pie dish or scallop shells as may be convenient (whichever may be used should be brushed over with melted butter), and grate over the surface a good layer of Parmesan or any nice mild dry cheese. Bake for a quarter of an hour, and serve. If you can bake and serve the mixture in *silver coquille* shells,—one for each guest,—the *entremets* will, of course, look nicer.

*Aubergines farcies gratinées* :—Choose a couple of nice brinjals,  
 Stuffed brinjals baked. cut them in halves lengthways, trim off the stalk neatly, and scoop out the inside with a silver spoon ; put this at once into a stewpan with a gill of broth or milk, cook gently for a quarter of an hour over a moderate fire, pass it through the sieve to get rid of the

seeds, and put it into a bowl, adding a couple of tablespoonfuls of grated ham, salt beef, or finely minced tongue with one well-beaten egg, finishing with a spoonful of cream or good white sauce, and seasoning of white pepper, salt. Mix thoroughly, and with this fill the scooped out pods. Dredge over the surfaces a layer of grated Parmesan or any dry mild cheese that will grate, arrange them on a buttered *legumière*, or china dish that will stand the oven, bake for seven or eight minutes, and serve.

*Fécule de Pommes de terre* :—"The farina of the potato, properly

Potato flour. granulated and dried, is frequently sold as a substitute for arrowroot," says an authority of

note; "it may easily be prepared at home, and will be found useful for making puddings easy of digestion for children and invalids." If kept dry, this flour keeps well for a long time. It is of course the best kind of flour for soufflés, and makes a very good *liaison* or thickening for soups and sauces. One tablespoonful per pint. Mix in a tea-cup with two tablespoonfuls of the soup and stir into the latter, boiling, through a strainer. Choose the potatoes of a good mealy kind, peel and wash them (raw), and grate them to a pulp with a strong bread grater, emptying the grated stuff into a large bowl of clean spring water: stir the potato pulp and water together briskly for a few minutes, and then let the former settle; after resting ten minutes, strain off the water: repeat the process with another basinful of water, and let it rest after stirring for ten minutes, again straining off the water; and continue the washings, so to speak, until the water remains quite clear after the sediment has settled at the bottom of the bowl: about three changes of water generally suffice for this. When satisfied that the grated potato has been thoroughly cleansed, take it out of the bowl, drain it, and spread it out upon dishes to dry and bleach in the sun, turning it frequently. When quite dry, pound it in a mortar, and pass the flour so obtained through a silk or hair sieve. Bottle it securely in dry bottles, and cork it down tightly. It will be white and quite flavourless.

*Pruneaux à la chasseur* :—A dish for dessert that is generally speaking popular. Buy a pound jar of the best

Prunes in cherry brandy. French plums, (prunes) and a bottle of good cherry brandy, take out the plums, put them

into a clean stewpan with as much light claret as will cover them, and two ounces of sugar; stew till soft, and the wine has been

nearly absorbed : replace them in the jar with what liquid may remain, and pour as much cherry brandy into it as the plums will admit. Finally screw on the top, and serve at dessert. Never let the jar be empty, but re-fill it as the plums are eaten, adding cherry brandy from time to time.

*Sole à la Colbert* :—Take off the black skin of a sole, and make an incision along the back-bone on that side of the fish from and up to within an inch of the head and tail ; slip a knife under the flesh on each side of the cut, and loosen it from the bones breaking the bone in two or three places with nippers so that it may be removed after the cooking ; then egg and bread-crumbs the fish with finely sifted crumbs, and fry it in plenty of fat, with the side bearing the incision uppermost. The edges of this will curl outwards in the process of frying, rendering the removal of the broken bone easy. The cavity thus made should be filled at the time of serving with a pat of *maitre d' hôtel* butter, the sole being sprinkled with fine salt. The process is equally applicable to a pomfret or any flat fish weighing from twelve ounces to a pound.

### ON COFFEE-MAKING.

Although few may think themselves ignorant of coffee-making, I question whether its real secrets are generally known. In the first place try to get really good berries, and, if necessary, pay a trifle over the usual price for them. That done, the next thing to learn is the roasting, an operation that should be conducted *daily* if you want well-flavoured coffee. The process is by no means as easy as many believe ; half the coffee we drink is ruined by ignorant roasting ; a burnt berry, mark you, will spoil the whole brew. The best way, I think, to roast the berries is to do a few at a time in a common English fryingpan over a *very low* fire, passing them straight to the mill (a *hand-mill* is quite indispensable) from the pan. A tablespoonful of berries will be found quite enough at a time. Melt a little butter, only just sufficient to lubricate the berries, and stir them about until they turn a warm Havannah brown ; if a berry turns black, pick it out, and throw it away ; grind the rest of them *at once*, and make the coffee as soon afterwards as possible.

A little butter is strongly recommended, it prevents the escape of much of the fragrance of the berry while roasting, and as it becomes quite exhausted before the roasting is finished there is no



greasiness. The custom in the Indian kitchen is to bake, often to *over-bake*, the berries and then *tunnycutch ammah* pounds them to a dull black powder as fine as flour. The result is a leaden tinted liquid, acrid in flavour, and repulsive to look upon.

Having ground the coffee properly,—it should be rich in aroma, and of a warm chocolate-brown colour—the best coffee-pot to use, after all, is the percolator. Be liberal with the coffee (a table-spoonful for each person), *heat it in the oven* first, also scald the coffee-pot thoroughly, fill the upper chamber of the percolator according to your requirements, ram the hot coffee powder down firmly, and having previously measured the amount of coffee liquid you require, pour boiling water, according to that measurement, *in teaspoonfuls at a time*, through the upper strainer upon the powder. The slower the water is added, the more thoroughly the coffee will become soaked, and, the dripping being retarded, the essence will be as strong as possible. As soon as the coffee has run through, pour the rich essence you have obtained into your cups, and for *café au lait* fill them up with boiling milk, for *café noir* with a little boiling water.

Of late years I have adopted the "Hutchinson percolator" in supersession of the old type of vessel. This is furnished with a perforated drainer which is fitted with a flannel cap. Thus no ramming is necessary. The coffee is put in over the strainer, shaken down, and then moistened with the boiling water. The tap regulates the filtration to the lower chamber as in the case of the ordinary percolator.

As it is scarcely possible for your servant to make coffee with all this care at the end of a dinner party, I recommend that the infusion be made just *before* dinner, and kept covered up. For a party of twelve, two brews will be required. At the time it is wanted, the boiling milk imparts quite enough heat to the essence in the case of *café au lait*; and, for black coffee, a gentle re-heating, *plus* the modicum of boiling water aforesaid, insures a good cup; only, do not forget to pass round with it a flask of *fine champagne cognac*. Regarding re-heating: Do not put *made* coffee upon the fire: put the jug containing it in a pan of hot water, and set *that* over the fire. As soon as the coffee is "steaming hot," serve. I have confined my remarks to the method which I have followed for years successfully, but there are, of course, other ways of making good coffee.

The Turkish system much praised by travellers may be thus described :—The roasting having been conducted with all the care I have already indicated, the berries are cast into a large metal mortar, and pounded to a very fine powder. This is carefully sifted through a fine sieve, all coarse particles being rejected. As much water as is wanted is then boiled in a small copper can, having a narrow top and broad bottom. When the water boils, powdered coffee is added, off the fire, according to requirements, and the can is replaced on the fire. The liquid is now permitted to come to the boil three times, the can after each occasion of ebullition being taken off the fire for a while. After the third boiling up, the can is placed for a minute in a shallow vessel containing cold water to precipitate the “grounds,” after which the coffee,—clear, black, and strong is poured into the cup.

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“It is not generally known, my dear Wyvern,” wrote my learned, and very kind friend C. S., “that the fumes of sulphur prevent the rapid decomposition of animal matter, and that a fine tender mutton chop can be had, even in the hottest weather, by exposing the joint from which it is cut to the fumes of burning pastiles, placed in an air-tight box, for two or three hours after the meat is brought home from market. A joint thus treated will keep perfectly for thirty-six hours, even in Madras, and be found deliciously tender the day after it was purchased. The pastiles should be composed as follows :—

Eight parts of powdered sulphur.

One and a half part of powdered charcoal.

A quarter part of powdered saltpetre.

Mix all together, and make them into pastiles, adding just enough gum water for the purpose ; shape them like pyramids, and dry them in the sun. A roomy box,—say a three-dozen case,—furnished with hooks to suspend the meat by, with a closely fitting door, and all crevices filled with putty, and pasted over with strips of strong paper, is the sort of receptacle you require for the fumigation. Suspend the meat, place two or three pastiles below it, light them, close the door securely, and leave it till the pastiles have burnt out, and the fumigation has been thoroughly effected.





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\* Applicable as well to spaghetti, lasagne, macaronelli, and all Italian pastes

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